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2015 RIO LX MT

Rio4 SX with Navigation shown‡ Cash purchase price $22,514
HWY / CITY 100KM^ : 5.3L/7.3L

from $21 weekly for 69 payments | 0% financing for up to 84 months | $0 down payment^Δ

Includes "Half Price Payments" credit. $21 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Rio LX MT (RO541F) 84-month financing. After 69 weekly payments at $21, the weekly payments will increase to $43^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.§ Excludes HST.



2015 FORTE LX MT

Forte SX AT shown‡ Cash purchase price $26,814
HWY / CITY 100KM^ : 5.3L/8.0L

from $24 weekly for 62 payments | 0% financing for up to 84 months | $0 down payment^Δ

Includes "Half Price Payments" credit. $24 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Forte LX MT (FO541F) 84-month financing. After 62 weekly payments at $24, the weekly payments will increase to $48^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.§ Excludes HST.



2015 OPTIMA LX AT

Optima SX Turbo shown‡ Cash purchase price $33,514
HWY / CITY 100KM^ : 5.7L/8.9L

from $36 weekly for 28 payments | 0% financing for up to 84 months | $0 down payment^Δ

Includes "Half Price Payments" credit. $36 weekly payment amount includes $1,000 Half Price Payments Credit. Payments are based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at $36, the weekly payments will increase to $73^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.§ Excludes HST.



2015 RONDO LX MT

Rondo EX Luxury 7-Seat with Navigation shown‡
Cash purchase price $30,594 – HWY / CITY 100KM^ : 6.2L/9.4L

from $31 weekly for 46 payments | 0% financing for up to 84 months | $0 down payment^Δ

Includes "Half Price Payments" credit. $31 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Rondo LX MT (RN551F) 84-month financing. After 46 weekly payments at $31, the weekly payments will increase to $63^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.§ Excludes HST.



2015 SORENTO LX AT

Sorento SX AT AWD 7-Seat shown‡ Cash purchase price $38,894
HWY / CITY 100KM^ : 9.0L/12.7L

from $39 weekly for 50 payments | 0% financing for up to 84 months | $0 down payment^Δ

Includes "Half Price Payments" credit. $39 weekly payment amount includes $2,000 Half Price Payments Credit. Payments are based on 2015 Sorento LX AT (SR75BF) 84-month financing. After 50 weekly payments at $39, the weekly payments will increase to $79^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.§ Excludes HST.

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 19

Thursday, January 15, 2015

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Fahmy family pinning their hopes on Baird

Jailed journalist's relatives hope Egypt visit is 'finale' of ordeal PAGE 11

Teen pimp to be moved to federal penitentiary

Kailey Oliver-Machado will finish her sentence in adult prison PAGE 3

A STIRRING TWIST ON RISOTTO

NON-TRADITIONAL, BUT STILL DELICIOUS: THIS TAKE ON THE DISH CALLS FOR BARLEY, LEEKS AND LEMON PAGE 26



Feds warn ISIL backers of 'ultimate demise'



An ISIL fighter, believed to be John Maguire of Ottawa, is seen in a video warning of more targeted attacks on Canada. Reports emerged Wednesday night that Maguire may have been killed in fighting in Syria. SCREENSHOT

John Maguire. Former University of Ottawa student reportedly killed in Syria fighting alongside extremists



SEAN MCKIBBON
sean.mckibbon@metronews.ca

As reports emerged that former University of Ottawa student John Maguire had been killed in fighting in Syria, the federal Public Safety Ministry warned of the dangers of joining ISIL.

"While we cannot speak about specific cases, our Government is fighting terrorist groups who could pose a threat to Canadians. That is why we made it a criminal offence to go overseas to engage in terrorism and why we took action to strip the citizenship of those convicted of terrorist offences," an email from Public Safety Canada read.

"We will always stand up for the Canadian values of freedom, democracy and the rule of law against these abhorrent terrorists. Any individual who decides to join the ISIL jihadists runs the risk of meeting their ultimate demise."

The reports were based on a tweet from Abu Saman, a Twitter user and apparent ISIL supporter, who called Maguire and another man, Abu Saad Dagestani, martyrs.

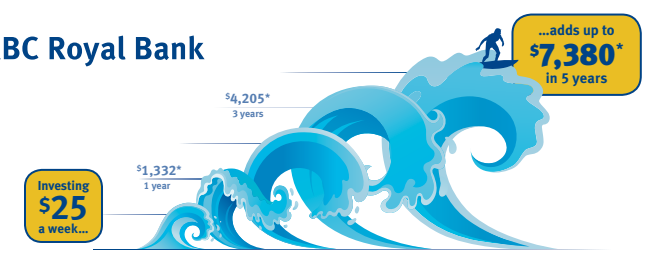
Maguire came to national media attention when he appeared in a pro Islamic State video saying that while he grew up like most Canadians playing hockey, guitar and attending university, he had come to support the radical Islamist cause.

In the video, Maguire, who went by the nom de guerre Abu Anwar al-Canadi, warned Canada that more attacks were coming "where it hurts you the most," and said recent attacks — the Parliament Hill shooting that killed Cpl. Nathan Cirillo and the Quebec hit and run that killed Warrant Officer Patrice Vincent, were in "direct response" to Canada joining the fight against ISIL.

Maguire vanished last year after converting to Islam and becoming radicalized. Originally from Kemptville, Ont., he was believed to be among dozens of Canadians fighting with extremist groups in Syria and Iraq.

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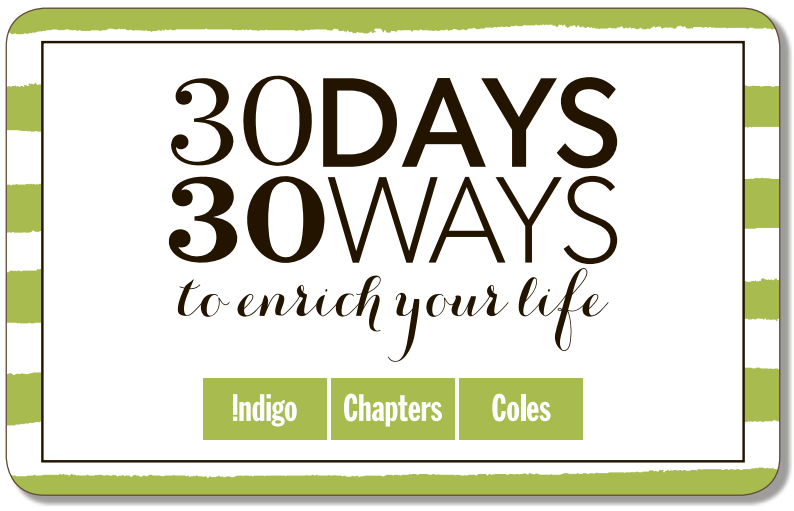
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Teen pimp gets adult prison term

Decision. Judge says Kailey Oliver-Machado can get the help she needs in federal system

An 18-year-old Ottawa woman who ran an underage prostitution ring will be moved to a federal penitentiary to serve the remainder of her sentence, a judge ruled Wednesday.

Kailey Oliver-Machado was previously sentenced to 6-1/2 years but will serve just over 2-1/2 years after being credited for time served in jail.

She was convicted on more than 25 charges, including human trafficking, sexual assault, forcible confinement and making child pornography.

Oliver-Machado — who was 15 at the time — befriended teen girls on social media and forced them into prostitution.

There were five identified victims who were delivered to johns for sexual acts.

The youngest was 13.

Some were drugged and had their nude photographs sent to johns, while others were assaulted and forced to comply with Oliver-Machado's demands.

Oliver-Machado has exhausted all of the programs available at Sundance, where she was being held and was consorting with other inmates involved in the sex trade, Justice Diane Lahaie said Wednesday.

And though she did complete her high-school diploma, she went by her street name while at the youth facility and consumed an illegal drug that had been smuggled inside.

She will now serve the remainder of her sentence in an adult prison in Kitchener.

The federal penitentiary is "rich" in services and can tailor programs to an inmate's needs, Lahaie said.

"In a penitentiary there is a psychologist assigned, post-secondary education is available and social programs are far superior," Lahaie said.

"Community and social-integration services are available."

Outside court Wednesday, the mother of the youngest victim said she was "extremely happy" with the judge's decision and that Oliver-Machado shouldn't be around other youth.

The mother cannot be named to protect her daughter's identity.

"Let's hope to God this never happens again and she gets the help she needs," she said.

"(My daughter) will be happy, but she's still living with this. I don't have closure."

JOE LOFARO/METRO



Artist teams up with Hells Angel on book

Comic-book artist Ronn Sutton shows off his work on Lucifer's Sword, a fictional graphic novel by a real-life Hells Angel, Californian Phil Cross. Sutton says the 96-page book took him five months to illustrate. He worked about seven days a week, 15 hours a day and did his best to pack as much retro feel and accuracy as he could into the panels. Sutton picked up his copy at The Hobby Centre at 33 Roydon Pl., but it's also available at other book stores and comic shops and on Amazon. SEAN MCKIBBON/METRO



New app hopes city residents get 'Hired' to work their dream jobs

Employment search.
Program scrapes websites for job opportunities



TREVOR GREENWAY
trevor.greenway@metronews.ca



Hired co-founder Dylan Hunt shows off his new app that pulls every single job posting in Ottawa for users.
TREVOR GREENWAY/METRO

Dylan Hunt and Nick Evans want everyone in Ottawa to find the job they have always dreamed of.

Their new app, Hired, aims to do just that with a platform that searches out every single job posting online in Ottawa — not just the positions companies are willing to shell out $400 to $500 on to promote through online job hunting websites, the app developers claim.

"Most companies' sites that I see, you are paying $250 or $600 to get a job seen," said Hunt. "As opposed to that and only seeing the jobs that companies are willing to pay for, you see everything — even smaller companies that aren't posting as many jobs."

According to quotes on their websites a standard job ad on Monster.ca starts at $605 for a 60-day posting, while Workopolis charges $595 a month. Workopolis charges up to $775 for a 30-day posting under its premium package.

Hunt's app costs nothing at all, and gives smaller companies more exposure while allowing users to search out postings they may never see unless they spend countless hours scrolling company website after company website.

"There are a lot of companies out there that can barely afford to hire more employees, let alone to pay to promote their ads," added Hunt.

"You have less focus on the jobs that are going to be paid to promote and you are going to see a lot more applications and a lot more proper applications to the jobs that don't have the money to promote. And you are going to get the people seeing a lot more jobs that are out there."

Hired is pulling only Ottawa jobs at the moment, but Hunt and co-founder Evans hope to branch out to Toronto by summer, Montreal soon after and, eventually, all of Canada.

Users can use the app's free service, which lets you search out jobs in the city.

A premium account for $8 per month will allow you to set up search items and job preferences and will send daily emails with job postings that suit your interests.

Quoted

"Most companies' sites that I see, you are paying $250 or $600 to get a job seen." Dylan Hunt, co-creator of Hired app

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Study looks at troubled purchases by Defence

A new study looking at Canada's politically charged military procurement system suggests the Harper government's own policies have contributed to the dysfunction and delay.

The report, written jointly by the Conference of Defence Associations Institute and the MacDonald-Laurier Institute, was based on more than 50 confidential interviews and a workshop with retired and currently serving acquisition officials, political staff and consultants.

It provides an unvarnished, in-depth look at the system, which has long been beset by delays, cancellations and cost overruns.

Re-equipping the military — the lightning-rod F-35 fighter program, replacing the CH-124 Sea King helicopters, long-delayed navy supply ships — has been a persistent political headache for the Harper government.

While acknowledging successes like the recent purchase of transport planes, the report found a small number of programs with the biggest price tags — fighters and warships — were the source of most of the problems.

The researchers assign much of the blame to staffing cuts by both Liberal and Conservative governments in the acquisitions branch at National Defence, as well as new reporting requirements introduced by Conservatives.



Purchasing programs for defence equipment such as the F-35 joint strike fighter have been a lightning rod of criticism for Canadian Department of National Defence. A new report blames staffing cuts for some of the headaches experienced by the federal government. THE CANADIAN PRESS/HANDOUT

THE CANADIAN PRESS

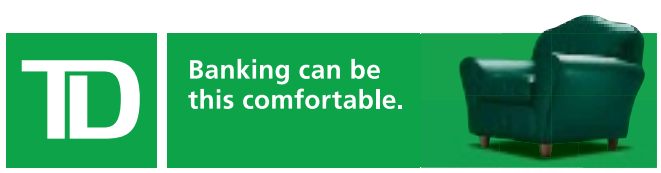


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Gatineau, Que.

Firefighter suffers minor injuries

A firefighter was recovering from minor injuries following a suspicious fire early Tuesday in a strip mall.

Police have been called in to probe the blaze at the Shawarma Leoni restaurant in Gatineau, Que., that caused $100,000 in damage. It's not clear how the blaze started. THE CANADIAN PRESS

Ottawa

Fundraiser supports cycling community

Ottawa's cycling community is gathering to help support up-and-coming local talent with a fundraiser dinner for the National Capital Region Cycling Bursary and The Cyclery-Opus women's racing team on Jan. 17.

Olympic commentator Randy Ferguson will emcee an evening that includes dinner, Olympic medallist Tara Whitten as key note speaker, and the 2015 recipients of the Seenite Sports National Capital Region Cycling Bursary.

Part of the proceeds will go towards helping the Cyclery-Opus women's team travel to B.C. for Super Week in July. The rest will go to the Seenite Sports National Capital Region Cycling Bursary, which has raised more than $35,000 to support local cyclists. METRO

Kemptville

OPP looking for missing woman

OPP are asking for help finding Kimberlea Carpenter, 35. She was last seen at an Augusta Township home and was reported missing Tuesday. Carpenter is described as five-foot-nine and heavy-set, with brown hair and was wearing a white/grey/black checkered jacket and black leggings. METRO

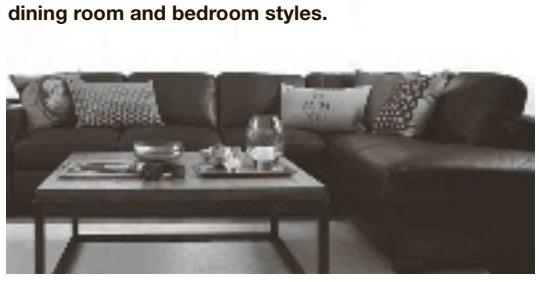
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Shopify developer Richard Ye takes in the view of downtown Ottawa from the company's new office at 150 Elgin St. JOE LOFARO/METRO

City's office vacancy rate hits 11.3%

Record high. 'I think it's a great place to be a tenant and a creative place to be a landlord,' says report co-author



LUCY SCHOLEY
lucy.scholey@metronews.ca

Ottawa's office spaces may be looking emptier, as vacancy rates hit a record high in 2014, according to a new market report released on Wednesday.

The city's office vacancy rate was at 11.3 per cent last year — the highest in at least a decade — partly because federal departments are downsizing to newer, smaller and more cost-efficient offices, the Colliers International report says.

That leaves older, bigger office spaces without tenants, which means a drop in rental rates.

"I think it's a great place to be a tenant and a creative place to be a landlord," said Frannie Heeney of Colliers International's market intelligence, who co-authored the report.

But according to the report, Ottawa's industry market has not taken as big of a hit.

Last year, the industrial vacancy rate sat at around 5.3 per cent, which is "steady" said Heeney.

That means demand is higher for industrial space, but it does not mean more manufacturing companies are moving into Ottawa. Rather, the city is seeing a trend of mixed-use companies moving to those spaces, like Sky Zone on Conroy Road.

Barry Nabatian, director of market research division with real estate consultant Shore Tanner, also said some offices are moving to industrial spaces outside of the downtown core for their cheaper rent and ample parking spaces.

The downtown's higher vacancy rates are partly due to the fact that the city saw a roughly 1.3 million-square-foot increase in new office space in recent years, he said.

Take, for example, the new Shopify Ottawa headquarters at 150 Elgin St.

"In just about every Canadian city, it has been somewhere between 10 and 20 per cent vacancy," he said.

"Ottawa compared to other cities is not that high, but compared to its own history, yes it's very high right now."

Jenna Sudds, executive director of the Kanata North BIA, said KRP Properties' acquisition of seven office buildings in the area is a "sign of good times" for Kanata.

"These companies are coming to Kanata for the talent … not to mention that fact that is a great community for the employees to live and raise families," she wrote in an email.

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Online community helps parents to find fun activities for children

Kids in the Capital. Local parents share first-hand information on museum exhibits, craft shows, charities, cooking and more

JEN TRAPLIN
For Metro

Thousands of parents have turned to the online community Kids in the Capital since it started nearly five years ago to share experiences and gather information about fun activities for kids in and around Ottawa.

Lara Wellman, mother of three and founder of Kids in the Capital, started the blog to streamline information for parents.

"I felt like there are so many things to do in Ottawa but I never really necessarily knew what to do," Wellman says.

"I spent a lot of time online and I was finding community online and I thought it would be great if there was somewhere where parents could share information with each other on what it is they do, where they go, what they've tried and how it works.

"That's always been the basis for Kids in the Capital — it's written by parents, based on things that they do, their own experiences."

The site boasts first-hand information on local museum exhibits and craft shows, getting your kids involved in charities, cooking and more, all written from the perspective of Ottawa parents.

There is also a Kids in the Capital Facebook page and private Facebook group, where parents ask each other for advice, set up play dates and share information.


Lara Wellman with her husband, Eric, and kids Quinn, Juliette and Kiernan. SARA MCCONNELL PHOTOGRAPHY

There are regular contributors to the blog, but Wellman is always looking for more and can even pay writers a small fee for postings.

She says everyone who contributes brings something new to the table.

"There's such a bounty of information and so many things to do that we can write a blog post about the same topic every year, and it's a different perspective because it's from somebody else or their kids are a different age," she explains.

"There's so much out there and being able to help out other parents with your own experiences is super valuable and it's really great to be a part of it.

"It's giving people a real opportunity to see what's out there."

As for some of the most popular activities for kids around town, Wellman says that's easy — any one of our local museums.

"The museums are such a resource here," she says.

Check it out

Check out the Kids in the Capital blog at kidsinthecapital.ca or search for Kids in the Capital on Facebook.



LGBTQ paper cuts print editions, moves online

Ottawa's leading gay and lesbian newspaper Xtra will be hitting the stands for the last time Feb. 12, as its publisher announced Wednesday that it would be closing all print publications and focusing solely on their digital presence.

It's not all that surprising to Pink Triangle Press Executive Director and President Ken Popert, who told Metro the move was "inevitable."

"It's a cost thing — advertising revenues are going down and down and distribution and print production costs are going up and we just couldn't tolerate the losses we could see coming," said Popert.

"There are so many hassles connected with putting newspapers out to the public."

The media organization will put its attention on the online news site Dailyxtra.com and on its online dating site Squirt.org.



Canada's leading gay and lesbian newspaper Xtra is closing its print markets and focusing solely online. CONTRIBUTED

Part of the struggle for the paper versions of the bi-weekly Xtra was remaining current in the age of social media immediacy. By the time Xtra hit the stands, most readers had already got the scoop from the website, so it seemed like a no-brainer for the publisher.

"Currency is very important to us to keep our place as the primary news provider for the gay and lesbian community," added Popert.

"The website actually allows you to engage people in many more ways than print does."

The closure will result in 12 job losses across the country, but Popert expects the publication to hire 57 more to run the expanded digital markets in Ottawa, Toronto and Vancouver.

The Toronto office will be closed on Xtra's 31st anniversary, with the final issue hitting the stands Feb. 19.

TREVOR GREENWAY/METRO



A video posted to YouTube shows an Ottawa taxi driver checking his iPhone while driving. YOUTUBE.COM

Police: Report phone-happy taxi drivers

Latest bad behaviour. YouTube video shows cabbie checking his phone while driving



JOE LOFARO
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On the same day an Ottawa taxi driver was given a warning after being photographed talking on a cellphone while driving, the head of taxi regulator Coventry Connections was made aware of a YouTube video depicting another cabbie checking his iPhone while transporting a customer.

The customer, Alex Nobert, recorded a portion of the incident on his smartphone camera and uploaded the video to YouTube on Dec. 31.

Nobert tweeted a link to the video to Metro Wednesday in response to comments made by Coventry Connections president Hanif Patni in a story about the first complaint.

In that instance, customer Sean Culkin posted photos to Facebook purporting to show a taxi driver holding a cellphone to his ear while driving.

The driver caught talking on his phone has a "clean" record and was warned, Patni told Metro Wednesday.

Patni said complaints about drivers using handheld devices while driving are rare, noting there have been 18 of them from January to May 2014.

But in an interview Wednesday, Nobert argued the number of complaints is not indicative of the extent of the problem.

"From the viewpoint of a person taking a cab, that's very common," said Nobert.

"I never report them and I can't imagine a lot of people getting out of their cabs and calling the cab company. I expect it and most people I talked to also expect that that's going to happen and nobody does anything about it."

Nobert said his cab ride on New Year's Eve started at the Ottawa airport and lasted approximately 15 minutes. He claims the driver would pick up his iPhone multiple times.

In addition to opening the Facebook app the driver was "checking messages and writing text messages," according to Nobert.

Nobert said he didn't ask to end the ride because he didn't want to get stranded on the road and have to call another cab and file a complaint.

But that's exactly what Sgt. Denis Hull of Ottawa police wants the public to do. However, he warned that complainants need to be prepared to go to court.

"It is dangerous to do what they were doing," said Hull. "Hopping into a cab, you're putting your life into their hands. You want to make sure that whatever they're doing, they're driving appropriately."

How to report

Hull said the public can report distracted drivers by calling police at 613-236-1222, visiting ottawapolice.ca, or using the Ottawa police iPhone app.

Wynne refuses to rule out carbon tax

Premier Kathleen Wynne opened the door open Wednesday to a new tax to combat climate change, just months after saying a carbon tax was not part of the Ontario government's plan.

"That is not part of our plan. It is not in our plan," Wynne said after winning a majority government last June. "But we do need to have a minister who is paying attention to climate change in a way that I believe we have not done before."

Environment Minister Glen Murray was given the additional title of minister responsible for climate change and is preparing a report for the Liberal government on its options, added Wynne.

"He's going to give us advice on that," she said. "But as you know, in 2007-08 we were already part of an agreement around cap-and-trade, and so we need to now make that real in whatever form that takes."

Ontario committed to carbon pricing in 2008 when it signed the Western Climate Initiative with California and Quebec, which have since created a joint cap-and-trade system. British Columbia also signed the WCI but, instead of cap-and-trade, introduced a carbon tax that included a seven-cent-a-litre levy on gasoline, an idea Wynne would not rule out for Ontario.

"I'm not going to lay out the plan today," she said. "What I can tell you is that it will be real, it will reflect the needs of both the people and the businesses in this province, and it will focus on the balance of economic growth and the need to address our very real climate change challenges." THE CANADIAN PRESS

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Ottawa-born Jack Demers competes on Chopped Canada, which airs on the Food Network Canada on Saturday. CONTRIBUTED

TV chef cut her chops in Ottawa

Jack Demers. Food Network cooking show contestant got her start at 16 working at local eatery Zak's Diner



LUCY SCHOLEY
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Jack Demers may owe her competitive culinary skills to Zak's Diner in Ottawa.

Last spring, the 42-year-old Vancouver sous chef competed in Chopped Canada, a fast-paced cooking competition that challenges chefs to create a three-course meal using surprise ingredients. The episode will air on Saturday.

But Demers started slinging quick dishes at Zak's Diner, where she was the breakfast cook, at 16 years old.

"You had to be fast at what you did," she said. "Back then I was just a kid and I always thought the night guys were so cool because they were older and they got to cook some of the more expensive food. I was the egg cook, so I was always aspiring to be like them."

Demers left Ottawa at age 20 — but she still visits family here — and is now fulfilling her dream in Vancouver as the sous chef at Cactus Club Coal Harbour. She's working under Chef Rob Feenie, who competed on — and won — Iron Chef America. He was Demers' mentor going into Chopped, advising her to "just stay true to yourself and what you do" — and have a few basic recipes at the top of mind.

Demers is, of course, tight-lipped on whether she won the Chopped competition. But if her meals were to the judges' liking, she could be pocketing the $10,000 prize.

She's hoping Canada will bring in more cooking competitions like Chopped, which encompasses the fast-paced, creative, no-recipe type of cooking Demers prefers.

"Sometimes it gets me in trouble at home because everyone is like, 'This is great. How'd you make it?' and I'm like, 'I don't know,'" she said with a laugh.

While cooking under pressure is intimidating, Demers said she's got the competitive bug, and shows like Chopped allow her to make more culinary connections.

"It's a lifelong dream come true," she said.

And if she wins, she wants to make her wife's dream come true by taking her to Paris with their kids, ages six and three.

To see whether Demers made the cut, watch Chopped Canada on the Food Network on Saturday at 9 p.m.



Flu shot can lower risk of rare side effect: Study

A new study, by researchers in Ottawa, suggests that for most people in most flu seasons, getting a flu shot actually lowers their risk of developing a rare neurological condition that has been linked to the vaccine.

The study assesses the net effect of getting a flu shot or getting infected with flu on one's risk of developing Guillain-Barre syndrome.

Guillain-Barre syndrome triggers progressive paralysis that can be fatal but from which most people recover.

All the cases of Guillain-Barre syndrome are not known, but it is recognized that some infections raise the risk of developing the condition and getting a flu shot can increases one's risk slightly.

The researchers, from The Ottawa Hospital, wanted to see if that small increased risk was balanced out or exceeded by the risk posed by contracting influenza.

And they found in most seasons, the risk of developing the condition after catching the flu was higher than the risk of developing it after getting a flu shot.



A nurse working for Vancouver Island Vaccine loads a syringe with flu vaccine for injection at the Victoria Clipper Terminal in 2004. A new study suggests that for most people in most flu seasons, getting a flu shot actually lowers their risk of developing a rare neurological condition that has been linked to the vaccine. CHUCK STOODY/THE CANADIAN PRESS

"The take-home message is that most of the time, in most of the scenarios we're seeing, the vaccination actually reduces your risk," says lead author Steven Hawken, a scientist at The Ottawa Hospital who built the mathematical model on which the research is based.

The study will be published in the February issue of the journal Emerging Infectious Diseases.

THE CANADIAN PRESS

Jailed journalist's family pins hopes on Baird's visit to Egypt



Canadian Foreign Minister John Baird, right, is met by the governor of Luxor, Major General Tarek Saad Eddin, on his arrival Wednesday to the airport in Luxor, Egypt. Baird is scheduled to meet Egyptian officials in Cairo on Thursday and is expected to bring up the case of Canadian-Egyptian journalist for Al-Jazeera English, Mohammed Fahmy, who is imprisoned in Egypt on terror-related charges along with two other journalists. HAGGAG SALAMA/THE CANADIAN PRESS

Mohamed Fahmy case. Meanwhile, a government official in Ottawa was urging tempered expectations

The family of an Egyptian-Canadian journalist imprisoned in Cairo is hoping that Foreign Affairs Minister John Baird's visit to the city on Thursday will mark "the finale" to Mohamed Fahmy's quest for freedom.

But a government official in Ottawa was tempering expectations Wednesday that Baird's visit would immediately trigger Fahmy's release.

Fahmy has spent over a year in prison after he and two colleagues were arrested while working Al Jazeera English. After a trial widely denounced as a sham, the three were convicted on terror-related charges they vehemently deny.

Baird's visit to Cairo comes at a sensitive time. A retrial was ordered this month for Fahmy and his colleagues, and Egypt's president has announced a new decree that gives him the power to deport foreigners convicted or accused of crimes.

Those factors have given Fahmy and his family hope that they will soon be able to return to their home in Montreal.

"I believe Mr. Baird's visit should be the finale," Fahmy's brother Adel said. "We are genuinely hoping that he reaches a resolution and announces that Mohamed will be deported to Canada."

Baird will be meeting with his Egyptian counterpart Sameh Shoukry on Thursday, where he is expected to raise Fahmy's case, after which the two will participate in a news conference. It is there that Fahmy's family hopes for some indication that their ordeal is nearing an end.

But a government official, speaking on condition of anonymity, said that things may not proceed quite that quickly.

Baird's two-day trip to Egypt, the official stressed, is part of the country's regular engagement with Egypt "writ large."

"We're not expecting necessarily that (Baird) is going to announce the release or anything like that when he's there," said the official.

It is unclear just how Fahmy's deportation process might play out in practical terms. If he is deported as a convicted criminal under Egyptian law, it's not known when he will become a free man in Canada. But his family is staying positive.

THE CANADIAN PRESS

Egyptian law

"The law is very clear that if this person is not a threat to national security, then he could be deported, tried or finish his sentence at any time of the judicial process."

Abdel, the brother of jailed Canadian-Egyptian journalist Mohamed Fahmy

Calls for clemency

Minister denounces flogging of Saudi blogger

Foreign Affairs Minister John Baird has publicly denounced the flogging of a Saudi blogger, calling for clemency in the case.

In a statement, the minister responded for the first time to the sentence handed down last May to blogger Raif Badawi, who received 10 years in prison and 1,000 lashes after he criticized Saudi Arabia's clerics on a liberal blog he founded. The first 50 of those lashes were delivered last Friday; Badawi is expected to receive 50 more every week for the next 19 weeks.

"This punishment is a violation of human dignity and freedom of expression, and we call for clemency in this case," Baird said in a statement.

Marc Garneau and Paul Dewar, the foreign affairs critics for the Liberals and NDP, respectively, called on Baird to publicly condemn the action. They said it was not enough that Canada's religious freedom ambassador and development minister have already spoken out against Badawi's treatment.

THE CANADIAN PRESS

Artist stops sending portraits of missing, murdered women to PM

A Toronto illustrator who had started sending a portrait of a missing or murdered aboriginal woman to Prime Minister Stephen Harper every day has abandoned his project after hearing from relatives of victims.

"If some of the families find it inappropriate or find it is harming efforts, there is no reason for me to do it," Evan Munday, 34, said.

Munday began tweeting his ink-drawn portraits of missing or murdered indigenous women Jan. 5, saying he wanted to help increase pressure on Harper to call a national public inquiry into the issue. "After extensive conversation with a group formed of families of some of the missing and murdered women, I believe I cannot continue the project in a way that respects these women's autonomy or a way that helps rather than harms the families of these thousands of women," Munday wrote in a statement.

Munday said he heard from the group over the weekend and they shared their concerns that he had drawn the portraits without seeking their permission and that the media attention he was getting was detracting from indigenous-led efforts.



Evan Munday's illustration of Danita Faith Bigeagle, the subject of his second portrait. TWITTER.COM

TORSTAR NEWS SERVICE

Vancouver

Woman attacked twice by same man: Police

Vancouver police say a woman was attacked twice in a week by the same man.

William Bassett Jr., 39, has been charged with two counts of sexual assault and one count of kidnapping and unlawful confinement. Bassett was arrested May 17, 2014, after police responded to a report of a sex assault where the victim was allegedly confined overnight. A week later, the same victim was reported missing.

THANDI FLETCHER/METRO

Quebec. Debate launched over religion, radicalization

Quebec politicians have relaunched a debate over the place of religion, after the deadly terror attacks in France which have renewed fears about Islamic radicalization in the province.

Events last week in Paris, following on the killing of two Canadian soldiers in terror attacks last fall, has critics urging Quebec's Liberal government to get to work on new measures to combat fundamentalism.

But Parti Québécois, currently in the middle of a leadership race, is also diving into a sensitive debate cut short when the party lost power in last year's election.

On Thursday, former journalist Bernard Drainville, a PQ leadership hopeful, will unveil a new version of his controversial values charter, a bill that would ban public-sector employees such as teachers, doctors and bureaucrats from wearing religious symbols at work.

With governments around the world examining their vulnerability to a Paris-style terror attack and Ottawa drafting new anti-terror laws, the timing of Quebec's debate may not be surprising.

TORSTAR NEWS SERVICE

Java Sea. Singapore navy finds AirAsia fuselage

A Singaporean navy ship has found the crashed AirAsia plane's fuselage, a 30-metre-long section with a wing attached, in the Java Sea, authorities said Wednesday.

Images taken by a remote-controlled vehicle from the ship showed parts of the plane's wing and words on the fuselage, Singapore Defence Minister Ng Eng Hen said on his Facebook page. He said Indonesian search officials have been notified so they can begin recovery operations.

The fuselage section that was found is 30 metres long and 10 metres wide with a height of three metres, Indonesia's National Search and Rescue Agency chief Henry Bambang Soelistyo said.

"The fuselage with a wing still attached on it was found in the priority search area and has been confirmed as part of AirAsia plane," Soelistyo said.

He added it was some three kilometres from the tail, which was found earlier, and 800 metres from the black boxes, at a depth of about 28 metres.

The plane carrying 162 people disappeared from radar on Dec. 28 less than halfway into a two-hour flight from Surabaya, Indonesia, to Singapore. THE ASSOCIATED PRESS



The wreckage of AirAsia Flight QZ 8501 lying on the Java sea floor.
MINDEF/THE ASSOCIATED PRESS

Sex abuse. Model pursues charges against Bill Cosby

A model who claims Bill Cosby drugged and sexually abused her at the Playboy Mansion met with Los Angeles police on Wednesday to pursue criminal charges against the comedian over the 2008 incident.

An attorney for Chloe Goins said after the meeting that his client is the first woman accusing Cosby of sexual misconduct whose case may fall within the statute of limitations. More than 15 women have accused Cosby of sexual misconduct, including several who say the comedian drugged and raped them in incidents dating back at least four decades.

Goins did not speak during a news conference Wednesday. Her attorney, Spencer Kuvin, said she came forward after hearing about other women describing abuse by Cosby and realizing she might have a valid criminal case.

An email to Cosby's attorney, Marty Singer, was not immediately returned.

Kuvin declined to discuss what Goins told detectives but restated her allegations that Cosby drugged her at a 2008 event at the Playboy Mansion. Goins does not know what happened while she was blacked out but awoke to find herself naked and Cosby over her.
THE ASSOCIATED PRESS



Pope urges forgiveness, reconciliation in war-torn Sri Lanka

Pope Francis blesses a child as he arrives in Madhu, Sri Lanka, Wednesday. Pope Francis travelled to the jungles of war-torn northern Sri Lanka on Wednesday to show solidarity with the victims of the country's 25-year civil war and urge forgiveness and reconciliation "for all the evil which this land has known."
ALESSANDRA TARANTINO/ THE ASSOCIATED PRESS

Yemen al-Qaida claims responsibility for attack

Paris newspaper assault. Extremists warn of more tragedies to come

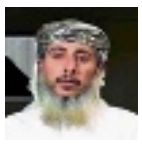
Yemen's al-Qaida branch on Wednesday confirmed it carried out last week's deadly assault on a French satirical newspaper to avenge cartoons depicting the Prophet Muhammad, as it called for unity among jihadi ranks and vowed more attacks on the West.

In an 11-minute video posted on the group's Twitter account, Nasr al-Ansi, a top commander of al-Qaida in the Arabian Peninsula, said the attack on the office of the Charlie Hebdo weekly — in which two gunmen massacred 12 people — was in "revenge for the prophet." He warned of more "tragedies and terror" in the future, saying "you will look for peace and stability but you will not find it because of the deeds of those carrying out martyrdom operations and heroes of lone jihad."

Al-Ansi said AQAP "chose the target, laid out the plan and financed the operation." He said the radical Yemeni-American cleric Anwar al-Awlaki, who was killed in a U.S. drone strike in Yemen in September 2011, had arranged the attack.

If confirmed, that would mean the Paris attack was years in the making. But Al-Ansi produced no evidence to support his claims, leaving lingering questions over the exact relationship between the attackers and the militant group's leadership in Yemen.
THE ASSOCIATED PRESS

Quoted



"Congratulations to you, the nation of Islam, for this revenge that has soothed our pain."

Nasr al-Ansi, a top commander of al-Qaida, in a video posted to the group's Twitter account

Crackdown

54 arrested for hate speech

France ordered prosecutors around the country to crack down on hate speech, anti-Semitism and glorifying terrorism and announced Wednesday it was sending an aircraft carrier to the Mideast to work more closely with the U.S.-led coalition fighting Islamic State militants.

Authorities said 54 people had been arrested for hate speech and defending terrorism in the last week.

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Kevin Jorgeson, in green, and Tommy Caldwell near the summit of El Capitan on Wednesday in Yosemite National Park, Calif. BEN MARGOT/THE ASSOCIATED PRESS

Adventurers climb the unclimbable

Dawn Wall, Yosemite Park. Pair reach summit together after gruelling, painful 19-day struggle

A pair of Americans completed what had long been considered the world's most difficult rock climb Wednesday, using only their hands and feet to scale a 3,000-foot vertical wall on El Capitan, the forbidding granite pedestal in Yosemite National Park that has beckoned adventurers for more than half a century.

Tommy Caldwell and Kevin Jorgeson became the first to free-climb the rock formation's Dawn Wall, a feat that many had considered impossible. They used ropes and safety harnesses to catch themselves in case of a fall but relied entirely on their own strength and dexterity to ascend by grasping cracks as thin as razor blades and as small as dimes.

The effort took 19 days as the two dealt with constant falls and injuries. But their success completes a years-long dream that bordered on obsession for the men.

Caldwell was the first to finish Wednesday afternoon. He waited on a ledge for Jorgeson, who caught up minutes later. The two embraced before Jorgeson pumped his arms in the air. A crowd of 200 people gathered in the meadow far below broke into cheers.

Caldwell and Jorgeson lived on the wall itself, eating and sleeping in tents fastened to the rock. Both men needed to take rest days to wait for their skin to heal. They used tape and even superglue to help protect their fingertips.

They also endured physical punishment whenever their grip slipped, pitching them into long, swinging falls that left them bouncing off the rock.

Caldwell, 36, and Jorgeson, 30, had help from a team of supporters who brought food and supplies — and helped dispose of toilet sacks.

THE ASSOCIATED PRESS

True brothers

"That's a deep, abiding, lifelong friendship, built over suffering on the wall together over six years."

Tommy Caldwell's mother, Terry, who said her son could have reached the top days ago but waited for his climbing partner

Oklahoma

State returning to same drugs after botched execution

Oklahoma plans to resume executions Thursday after botching its last one and will use the same three-drug method as a Florida lethal injection scheduled for the same day.

The drug mixture begins with the sedative midazolam and includes the same drugs used in April's botched execution of Clayton Lockett, who writhed on the gurney and moaned after he'd been declared unconscious.

However, attorneys for the state of Oklahoma say a failed intravenous line and a lack of training led to the problems with Lockett's lethal injection, not the drugs.

Oklahoma Attorney General Scott Pruitt said the state Department of Corrections "has responded with new protocols."

Pruitt acknowledged that midazolam is not Oklahoma's first choice to be used in lethal injections.

"Pentobarbital is best," he said. "But the manufacturers of pentobarbital will not sell that drug ... to a state for death-penalty purposes."

Oklahoma also has increased by five times the amount of midazolam it plans to use, to mirror the exact recipe that Florida has used in 11 successful executions.

Midazolam also was used in problematic executions last year in Arizona and Ohio, where inmates snorted and gasped during lethal injections that took longer than expected.

Four Oklahoma death-row inmates asked the U.S. Supreme Court on Wednesday to halt their executions. They argue that the midazolam won't properly anesthetize them, creating a risk of unconstitutional pain and suffering. THE ASSOCIATED PRESS

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Samsung taking a run at BlackBerry: Report

Shares jump on TSX.
Canadian company's stock rose to highest level since early 2012

BlackBerry is downplaying a report that smartphone maker Samsung Electronics Co. Ltd. has approached the Canadian company about a possible takeover.

In a news release, the Waterloo-based firm said it "has not engaged in discussions with Samsung with respect to any possible offer."

"BlackBerry's policy is not to comment on rumours or speculation, and accordingly it does not intend to comment further," it said.

The comments follow a report from Reuters news agency which said Samsung has met with executives over the possibility of buying BlackBerry for as much as $7.5 billion US.

The offer would be a premium of 38 to 60 per cent over BlackBerry's stock price before the report emerged.

BlackBerry shares jumped nearly 30 per cent after the report was released. Its stock closed ahead $3.42 to $15.02 on the Toronto Stock Exchange. In New York, BlackBerry shares closed up $2.89 US at $12.60 US.

In November, BlackBerry and Samsung announced a partnership where the Waterloo-based company would make its mobile security technology available for the Android operating system in 2015. THE CANADIAN PRESS

Purported offer

$7.5B

Samsung Electronics Co.'s purported offer to buy Canadian company BlackBerry



The Canadian flag flies at BlackBerry's headquarters in Waterloo, Ont. A news report says smartphone maker Samsung Electronics has offered to buy the company for as much as $7.5 billion US. GEOFF ROBINS/THE CANADIAN PRESS FILE



European court backs London's black cabs

A taxi driver uses a bus lane in central London Wednesday. The iconic black cabs, under pressure from taxi app Uber and cheaper taxis known as minicabs, got some good news Wednesday: They won't have to share their right to drive in bus lanes with rivals. A European Union court dismissed a challenge by private taxi firm Addison Lee, which argued that the rule violated European competition laws. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Market Minute

DOLLAR 83.72¢ (+0.07¢)

Natural gas: $3.233 US (+29¢)
Dow Jones: 17,427.09 (-186.59)

TSX 14,084.43 (- 102.73)

OIL $48.48 US (+$2.59)

GOLD $1,234.50 US (+10¢)

Boston

Uber to share data

Uber has reached an agreement with Boston to share information about the trips passengers take using its on-demand service, officials said Wednesday. THE ASSOCIATED PRESS



Auto lenders use black box to track buyers with poor credit

A little-known black box buried in the guts of many vehicles on Canada's roads makes drivers with poor credit the hapless targets of what is becoming a 24-hour surveillance culture.

Known as a starter interrupter, the GPS-equipped, wallet-sized box is popular with auto-loan companies: If the owner stops making payments, the lender can send a signal to the box, disabling the vehicle by shutting off the starter. The GPS function also allows for tracking the customer's movements.

Safety issues

PassTime USA has sold tens of thousands of starter-interrupters in Canada.

- In an emergency, a driver can enter a code that will start the car, it says.
- The device can't disable a moving car because it's connected to the starter and not the ignition system, PassTime says.

Thousands of starter interrupters have been on the roads in Canada for years, but little has been said about how they're used and the information lenders can collect.

Consumer protection laws have curtailed their use in Quebec, and serious questions are being raised about their safety in the United States, following reports about moving cars being shut down remotely — though one company that makes them denies that's even possible.

TORSTAR NEWS SERVICE

Samsung's $90 phone goes on sale

Samsung Electronics Co. started selling a $90 US smartphone in India on Wednesday that runs on the company's Tizen software, its first major break from Google's Android operating system in the mobile phone market.

The Samsung Z1 went on sale for 5,700 rupees ($92), one of the cheapest phones that Samsung has launched.

With the Tizen operating system, Samsung is trying to lessen its dependence on Android software, which powers a majority of the South Korean company's smartphones including its flagship Galaxy series.

The smartphone is the latest to join the growing list of Samsung's Tizen family. Last year, Samsung launched a camera and smartwatches.

Samsung earlier this month said its Internet-connected televisions will use Tizen from this year, allowing the TVs to easily synchronize with Tizen mobile devices.

The Z1 smartphone was unveiled in June but its launch, promised in Russia and India and elsewhere, was postponed. The delays were seen as a setback to Samsung's efforts to have control over the content and services that are used on its devices.

Although Samsung is the world's largest maker of televisions and handsets, its software has not matched its hardware prowess. The company has a history of withdrawing apps or services that received a big marketing push, including ending the short-lived mobile operating system Bada.

THE ASSOCIATED PRESS

VOICES

NEWSPAPER EDITS OUT WOMEN





Above: World leaders attend a march in solidarity with the Charlie Hebdo attack victims in Paris. Below: Female leaders erased from a similar photo of the rally, by HaMevaser newspaper. ABOVE: GETTY IMAGES; BELOW: SCREENGRAB

The world is watching — and arguably just waiting — for the next head-slapping action to find, screengrab and broadcast to the world



KRISTEN THOMPSON
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It seems you can't get away with much these days because Little Brother is there, taking a screengrab of your perceived offence and retweeting it for the world to turn into a meme.

On the hot seat this week is conservative Jewish newspaper HaMevaser, which removed all of the women from a photograph of world leaders marching in Paris in support of Charlie Hebdo, and printed said photograph on its front page.

Gone from the photo are German Chancellor Angela Merkel, Paris Mayor Anne Hidalgo, EU foreign affairs chief Federica Mogherini and Danish Prime Minister Helle Thorning-Schmidt.

The edits are offensive and head-slapping for the obvious reasons: Removing people from a photograph and presenting the image as fact, in a newspaper, is not journalism. Painstakingly editing out the women, specifically, suggests a dubious view on the value of women, in my opinion.

What's interesting is the idea that even a little-known newspaper with a relatively small circulation can so quickly catch the attention — and derision — of the entire world.

Five years ago, the Haredi (Ultra-Orthodox) community's practice of not publishing pictures of women for the sake of modesty would likely have gone relatively unnoticed. And yet, when Jewish site Walla outed HaMevaser over the altered Paris photo, it spread like wildfire around the web. As the world shrinks and the spotlight of social media grows, the viewpoints of people and communities — no matter how insular — become exposed for all to see, judge, re-tweet and hashtag.

In this new world of cellphones, Twitter, Facebook and Instagram, the world's eyes are always on us.

Women only

This isn't the first time an ultra-orthodox newspaper has edited women out of photographs. Following the death of Osama Bin Laden, Brooklyn-based ultra-orthodox Jewish newspaper Der Tzitung photoshopped Hillary Clinton and another woman out of the photograph of U.S. President Barack Obama and his security team watching the raid.

- The photo has also inspired several memes, including this one by satirical news site Waterford Whispers News, which edited all the men out of the image.



A version with the men erased runs on a satirical site. SCREENGRAB

As a Muslim journalist, I'm not OK with the Charlie cover



ALI ZAFAR
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I'm appalled by the renewed satirizing of Prophet Muhammad in Charlie Hebdo, not only as a Muslim but also as a journalist.

My condemnation stems from the fact that the Prophet is a revered figure in my faith who should not be drawn out — let alone satirized in untoward illustrations — according to widely held Islamic traditions.

But my condemnation goes deeper than that. As a person of faith, and a person of colour, it baffles me that the right to freedom of speech is being used as a right to be racist and bigoted toward Muslims, which is made clear by the obscene cartoons in editions of Charlie.

Muslims are a racialized demographic, with the majority of French Muslims coming from a North African background, while in Canada, the majority of Muslims are of Pakistani, Indian, Arab or Iranian origin.

I've heard the phrase "Muslims aren't a race" many times, but just about every asinine image of Muslims or the Prophet in Charlie depicts them as brown or black individuals.

Working in the media, I understand the responsibility that comes with freedom of speech and how that involves making moral judgments in news coverage on a daily basis. One of the main reasons why I got into this profession is because of its power to be a voice for the minority.

I can't help but feel that publishing the satirical Muhammad cartoons does nothing more than allow a select few to flaunt their privilege to laugh at images that further antagonize an already marginalized group, especially in France.

These cartoons play into people's fears of Muslims and are used to justify increased surveillance on a national scale. They also fuel the rampant Islamophobia that is now raging in France, with at least 60 reported anti-Muslim incidents since the Charlie attack, from firebombs and pig heads thrown into mosques, to veiled women subjected to insults on the street. At the same time, I understand that Islam forbids violently censoring free speech, as the gunman did in the Charlie Hebdo attack.

The Prophet himself faced violence and verbal ridicule from individuals, but never used harsh words or physical force in return. It's his example that I'll continue to follow.

Ali Zafar is a copy editor and writer for Metro News.

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Cooper on laughing with Clint

Book to film. Eastwood lightened the mood while filming the sombre American Sniper

MATT PRIGGE
Metro World News in New York



Bradley Cooper plays Chris Kyle in American Sniper. CONTRIBUTED

Bradley Cooper starts off the press conference for American Sniper very, very seriously. "I try not to look in the mirror too much, quite honestly," he says at one point, not remotely cracking a smile.

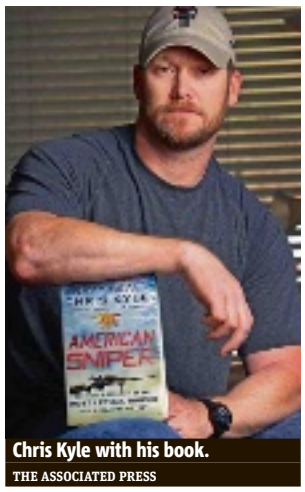
Eventually he loosens up, busts out a decent impersonation of the film's director — one Clint Eastwood — and reminisces warmly about that time Eastwood oozed childlike glee watching a kid on set: none other than the real-life daughter of Army sharpshooter Chris Kyle (played by Cooper in the film) and his widow Taya.

"We laughed a tremendous amount on the movie — shockingly, given the content," Cooper says. "You're so excited to come to the set every day, because Clint Eastwood is there." The loose nature is just how Eastwood likes to work. "I think maybe why he gets so many great performances out of people is because he makes them feel really at ease. He's curious. John Huston said towards the end of his life that that's what keeps you going: curiosity. He's just so curious. He's like a little kid."

Cooper's no modest fan of the director's work, citing Unforgiven as "maybe the best American film."

He feels a connection between the best picture winner and American Sniper.

"This character is almost William Munney prior to when we meet him in Unforgiven: his wife has since died and he's



Chris Kyle with his book. THE ASSOCIATED PRESS

taking care of the kids and he comes back because (his friend) has been murdered. We saw a lot of similarities."

There was another incentive to give Eastwood the reins: "Chris Kyle said if there was any way he had a choice of who would direct the movie, it would be Clint Eastwood. And then he had his wish."

They had fun making American Sniper, but the film is absolutely serious.

Not only is it about the damage war does to families and soldiers' psyches, but Kyle himself was murdered by a troubled vet while the film was in pre-production.

They had an extra responsibility to get the story right and impart a useful message. "The takeaway for those who can relate to (Kyle) is that it will be healing," he says.

But even those who aren't veterans themselves can see "what vets go through, what Taya has gone through."

Though Kyle's four tours were during the Iraq War, Cooper doesn't see American Sniper as political. "It's not a movie about the Iraq War. It's a movie about what someone like Chris has to go through as a soldier — the dilemmas, the horror of it," he explains. "That's all we ever talked about. It's not a political movie at all. It's a movie about a man. It's a character study."

Cooper actually trained with live ammo, which both helped and harmed his work. He found the first sniping sequence much too real.

"I'd only felt the gun with live ammo, and I saw two actors in the scope. My stomach turned and I moved the gun away," he recalls. "I said, 'We can't shoot the scene with them there.' I just couldn't do it, even though the gun wasn't loaded. I had a glimpse of what a soldier has to go through."

With Eastwood, Cooper was working for a director famous for doing as few takes as possible, sometimes just one. Cooper found that refreshing.

"Sometimes you do movies, you think, 'Well, I'm warming up on the first three and then we'll get into it on seven and eight. That's not happening on this movie at all. You better bring it the first take," he says. "It's almost like theatre in a way, doing a Clint Eastwood movie."

It even felt familiar to him, based on his time with Silver Linings Playbook and American Hustle director David O. Russell, who relies heavily on spontaneous, off-the-cuff traits.

"On a David O. Russell movie, when you step out of the van in the morning you better be able to shoot the scene the moment your foot touches the ground," he explains. "I've come to love it, because there's an energy and vitality, a sense that it's actually happening. If I ever have a chance to direct I would always want to do that. Never make them feel like they have 100 takes. Make them feel like this is it. You want to raise the stakes, anyway."

Eastwood's adaptations

American Sniper is based on Chris Kyle's 2012 true story, American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History, which sat on the The New York Times Best Seller list for 37 weeks.

This isn't the first book director Clint Eastwood has adapted for the big screen. Here's a look at five of other movies in his lengthy filmography that topped the best-seller list:

1 The Eiger Station: Eastwood starred in and directed this 1972 thriller about a mountaineering art dealer who is also a paid assassin.

2 The Bridges of Madison County: A sensation when it was released in 1992, the book is one of the bestsellers of the 20th century. Eastwood turned it into a 1995 film starring Meryl Streep.

3 Midnight in the Garden of Good and Evil: This 1997 crime drama was on the The New York Times Best Seller list for 216 weeks.

4 Mystic River: Dennis Lehane published his novel about three childhood friends reunited by a murder in 2001. Eastwood turned it into an Academy award-winning film in 2003.

5 Invictus: This 2009 film is based on John Carlin's book, Playing the Enemy: Nelson Mandela and the Game That Made a Nation, about the 1995 Rugby World Cup in South Africa. METRO

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Thriller about rail commuters full of twists, turns and shocks

Debut novel. The Girl on the Train's narrator turns passengers into characters, then tries to imagine what their everyday lives are like

EMILY LAURENCE
Metro World News in New York City

Paula Hawkins' first book, the emotional thriller The Girl On The Train, only came out on Tuesday, but DreamWorks has already bought the movie rights.

With every early review comparing it to Gone Girl, the stakes are pretty high for this novel, about a woman named Rachel who sees the same people on her commute to and from work each day and builds up stories in her mind about them.

An alcoholic, Rachel makes for an unreliable narrator, which in part is responsible for the book's many twists, turns and its shocking ending.

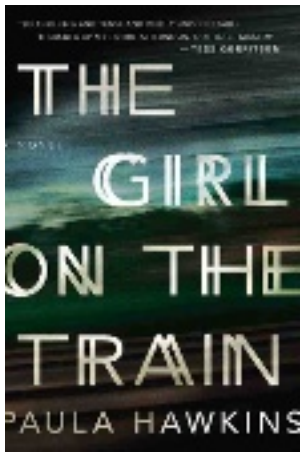
Making 'subway friends'

"When I used to commute for work, one of my favourite things to do was to look out the window and into peoples' houses if I could see in," Hawkins tells us.

"The idea for the book partially comes from the idea that you see these people every day and you feel like you've made a connection, but it's actually imaginary. And then thinking about what a vulnerable, lonely person would do with that sensation."

Hawkins says she liked the idea of creating a narrator with a drinking problem because it creates an unreliability in a lot of ways.

"You can't trust yourself, your memory or your own judgments," she says.



Getting it all on paper

When she sat down to write the book, Hawkins says she first created a detailed chapter-by-chapter outline to keep track of the multiple characters and time jumps, but there were a few things that took her by surprise.

"There's a character, Anna, who changed quite a lot for me," she says.

"I saw her completely differently at the end of the book than I did at the beginning."

On those Gone Girl comparisons

When asked if the constant Gone Girl comparisons are flattering or annoying, Hawkins says it's a double-edged sword.

"It's fantastic because I think Gone Girl is such a great book, but at the same time, I'd like (Girl on the Train) to be seen on its own merits as well."

As for that movie deal, Hawkins says things are still very early and she's just crossing her fingers.

For now, she's content with just getting the book in the hands of commuters, getting them so immersed that they just might miss their stop.

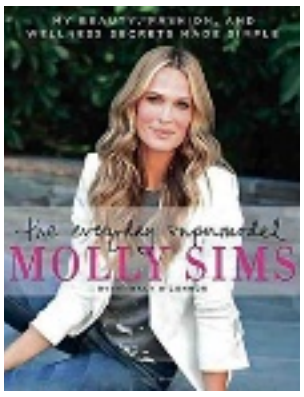

Girl on the Train author Paula Hawkins. CONTRIBUTED





Sims' secret to true beauty: Learn how to respect yourself

Supermodel author. Sims says listening to your inner voice and believing you can be beautiful will help you be the best you can be



Molly Sims is a self-professed girl's girl and proud of it.

She loves to share the tips and secrets she's discovered to looking and feeling good.

"I love sharing information like, 'OK, you need to go blonde. Don't forget about your eyebrows ... Oh my God, you've got to check out this smoothie. OK, so I just went to this place and I swear to you I lost three pounds,'" she said in a recent interview.

Sims has compiled some of her tips for looking and feeling great in her new book, The Everyday Supermodel: My Beauty, Fashion, and Wellness Secrets Made Simple (Dey Street Books). She enlisted the help of experts like stylist-designer Rachel Zoe and Pilates instructor Alycea Ungaro.

Do you really believe that by following your book, the everyday woman can look like a supermodel?

I knew I was gonna get a little flak on The Everyday Supermodel because here I am calling myself a supermodel.

I cringe sometimes at the word, but ... I've done this for 20 years. I've made myself believe like, 'OK, I can do this.'

I can challenge myself. I can respect myself and I can be the best version of myself and I can bring out that inner supermodel. That inner X factor. That's what we have to bring out of all of us.

I have faked it till I've made it and ... the one thing I've done along the way is I've learned and I've looked and I've copied and I've read and I've listened.

That's ultimately why I wrote the book — because people always go, 'Oh, you were born that way,' and I got so tired of hearing that.

You write that taking care of yourself is more about respecting yourself than anything else.

You have to respect yourself, you have to challenge yourself and you have to be the best version of yourself. If you look good, you feel good.

You're expecting your second child, but you've been honest about gaining a lot of weight during your first pregnancy.

I gained 74 pounds in my last pregnancy. I was 204. I couldn't even see my belly. I ended up having a thyroid condition that they didn't know about. But I still had to lose the 80 pounds. It took me 15 months.

You devote a chapter to finding love, which you say you've had problems with.

I worked with a really good therapist a few years ago. Her name is Mary Goldenson and she wrote this amazing book.

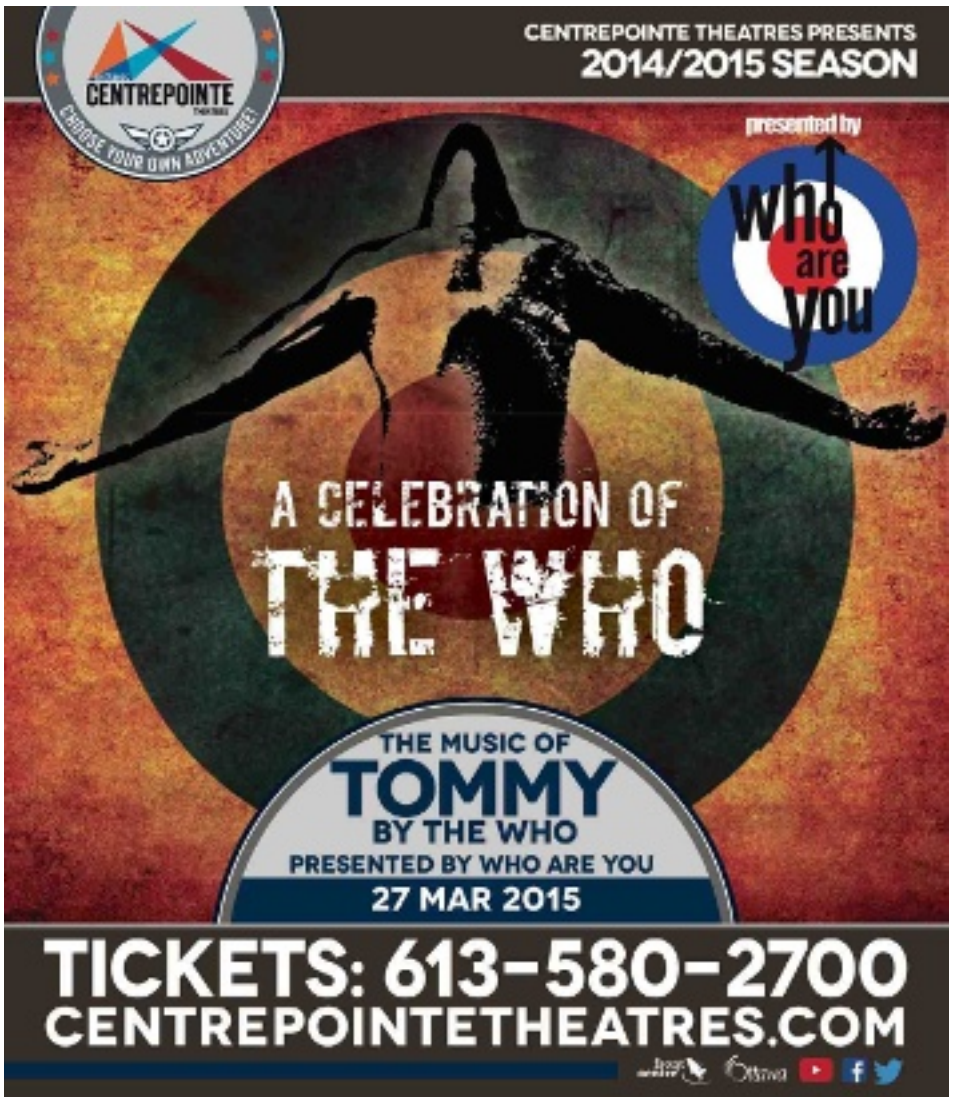
I was really co-dependent. I couldn't get out of a relationship, and I was just stuck. She made me read one of her books called, It's Time: No One's Coming to Save You.

I needed someone to hold me accountable, and the person I needed to hold me accountable was me.

THE ASSOCIATED PRESS



Molly Sims
GETTY IMAGES





Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES





Miley Cyrus ALL PHOTOS: GETTY IMAGES

What if Miley took her clothes off and everybody yawned?

Oh, Miley. Former Disney star Miley Cyrus just can't stop showing off her goods to anyone who will look. To that end, she's gifted V Magazine with a collection of "candid" Polaroids from her recent world tour to celebrate their music issue, hitting newsstands today. The magazine is even offering a fold-out poster of a fully nude Cyrus emerging from a bubble bath. Enticing, right? Here's the thing, though: We apparently live in a world now where a collection of naked Miley Cyrus pictures is met with a collective yawn instead of the startled gasp I assume she was hoping for. As commenters over at Defamer put it, "It just seems so boring and one-dimensional" and, "I for one appreciate Miley's attempt to desexualize female nudity."

Kristen Stewart really does care

It is a question that has plagued scholars, lo, since the nascent days of Twilight cinematic history: Exactly how many f—s does Kristen Stewart give? Many have argued that her enduring appeal is rooted in her natural inability to not care about anything, but Stewart herself. She renounces such spurious categorization. When renowned culture critic and Salon deputy entertainment editor Anna Silman recently lauded Stewart with, "You are kind of a hero to people, in a way. A lot of people admire what they see as your give-no-f—s attitude," Stewart took extreme exception. "I'm like, 'Actually, no one gives a f— like me,'" Stewart insists. "No one gives more of a f— than me. It's just ironic to me. I'm always like, 'Really?'" So there you have it. The debate is settled.



Kristen Stewart

More bad news for the ladies of The View

Things are not looking good for Rosie, Whoopi and crew, as execs at ABC are said to be "ready to abandon ship" on long-running daytime talk show The View, according to the Mail Online. "The brass at ABC feels like they've tried to do everything possible to breathe new life into this show," a source says. The View, currently in its 18th season, would be replaced by an extra hour of Good Morning America, a move similar to the one the Today show made years ago. "ABC feels it has exhausted their options with The View and now it's time to expand the existing franchise. They feel that since GMA is already beating NBC's Today during the first two hours of the broadcast, why not extend the morning broadcast?" But what will Whoopi Goldberg do with her mornings now?



Rosie O'Donnell and Whoopi Goldberg

The year gets a bit quirkier as Björk readies new album for March

Björk stumbled onto Twitter this week to announce her first album in four years is on its way, and she describes it in the most Björk way possible. The announcement of the album, Vulnicura, came along with a handwritten note describing what we can expect from the Icelandic iconclast's new tunes. "The songs are called Stonemilker, Lionsong, History of Touches, Black Lake, Family, Notget, Atom Dance, Mouth Mantra and Quicksand," she writes. "I hope you will enjoy it!"

I can already see Mouth Mantra and History of Touches becoming club hits. The new work, her ninth studio album and the first since her experimental Biophilia in 2011, will be released in March.



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What's big for the boys in 2015

Menswear trends are slower burning than womenswear, but it's still an exciting time for guy-style. Here's what will reign in the world of men's retail this coming year.

AFP



Matching shades

All white, all beige, neutrals ... this year is going to be about the refined use of colour palettes. On the Spring/Summer 2015 runways, London Burberry sent out lots of bright colours, but grouped them together, while at Calvin Klein Italo Zuchelli created lots of buzz with his hunky models in 'nude' beige tones. Tomas Maier took a similar approach with his neutral colours at Bottega Veneta. Some brands took it further and opted for all-white looks; from toothpaste-white bonded leather jackets at Neil Barrett to off-white tailoring paired with ice-white sportswear at Sergio Corneliani.



Checks and stripes

Patterns arrived on the S/S 2015 runways in classic formulations: windowpane checks, monochrome plaids and pinstripes. Frida Giannini at Gucci described her naval-striped lads as 'decadent admirals' and her fellow Italian Giorgio Armani dressed his deckhands in sun lounger striped red casual jackets. Milanese upstarts MSGM also mixed checked patterns with sportswear. When it came to pinstripes, as usual, it was London that was most on point. Matthew Miller revisited the city's Savile Row heritage with his deconstructed tailoring and Jonathan Anderson riffed on a tongue-in-cheek version business casual by creating apron shapes from the classic gentleman's staple.



A touch of dandyism

With all the minimalism, tailoring and sporty elements going on, you might be forgiven for thinking that menswear is getting a bit boring. Worry not. The rock 'n' roll touches aren't this coming year's biggest trend, but there are splashes of fun to be had. Paul Smith, Dries Van Noten, and Valentino all created stunning silk prints in pants and shirts (often paired with more restrained tailoring) for Spring 2015. Van Noten's use of colour was restrained (he stuck to pale gold, red, burgundy and navy) but his use of Richard Haines' illustrated dancers was more than eye-catching enough.

Canadian street style

Name: Rachel

Age: 36

Occupation: Marketing

What she's wearing
Gap turtleneck, Zara skirt, vintage belt and necklace, Cole Haan boots, Helmut Lang coat, and Mackage purse.

Her inspiration
"My mom in the '80s, Bianca Jagger (the ultimate brunette), Linda Evangelista's bob (circa 1990s), '70s jeans, denim on denim in Dazed and Confused (the movie).



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Trends Report

We've had a few days to analyze the looks that came down the Golden Globes' red carpet, and the one look we're obsessed with is actress Emma Stone's. The star stood out in pants in a sea of ball gowns. Go online to Trends Report to find out how you can get fancy in pants, too.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @ MetroIreneK and Instagram @ kuanirene
- **Photo: Emma Stone poses on the red carpet at the Golden Globe Awards. (Getty Images)**



metro
WEDDING PLANNER
Thursday, January 15, 2015



The back of the dress is where it's at. This year, elaborate detail and low-cut backs are for brides making a statement. SHUTTERSTOCK

What's trending for nuptials in 2015

Let's get innovative.
For a personal touch, couples get creative with desserts and decor

ASTRID VAN DEN BROEK
For Metro

Ensuring guests feel welcome attending your nuptials has become as important to planning a wedding as the bride's maid dresses.

"More focus is on the guests' experience and how their family and friends will see and feel at the event," said Tracey Manailescu, co-founder of The Wedding Planners Institute of Canada Inc.

Another trend? Making your wedding as personally yours as possible. "Couples are personalizing every aspect of their weddings," added Soha Lavin, a wedding planner with Vancouver's CountDown Events Planning & Design. "They want to represent their personal taste and lifestyle and make a statement to their family and friends."

Here's what else you can expect in the weddings of 2015.

The decor

Linens and lighting are playing a big part in decor.

"Couples are thinking of the look and feel of the linen fabrics. Metallic, silks, overlays, and embellishments make a dramatic impact at the table, and lighting can take it over the top to soften a room, hide any worn or drab-looking spaces and take the evening from one chapter to the next," said Manailescu. And seating styles are also evolving to show off those lovely linens.

"We've seen the use of regal long tables become more popular and I believe this will continue because clients are wanting a more inclusive setting," said Lavin.

And when it comes to floral touches, guests are likely to spot more loose and romantic styles of bouquets. "And centrepieces are switching to lower arrangements on the tables, which are great for guests to see and speak with each other," said Manailescu. "And personalized embellishments added to the bouquets, such as photos or mementos."

The cakes

Forget your usual three-tiered confection. "This year we will see an increase in fun dessert stations such as sundae bars, doughnut stations, pies, dessert bars, as well as having the traditional wedding cake," said Manailescu.

And ... the dresses

This year, brides will think backwards about their dresses. "The backs of wedding dresses are really making statements this year. So lower backs with lace cut-outs, sexy silhouettes and, for a different twist, shorter knee-length dresses are coming back for the brides who want to show off their fun side," Manailescu noted.

On the plate

Forget rubber chicken. Foodies alike are raising the bar on their wedding dinners. Trends include:

- Small tasting plates or specialty food stations (to encourage guests to mingle).
- More family-style service at the tables, again to gently nudge guests to interact with one another.



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ASTRID VAN DEN BROEK
For Metro


According to Wedding Bells magazine's 2014 Trend Report, 15 per cent of Canadian brides are planning on having a destination wedding. SHUTTERSTOCK

For many, exchanging vows on a beach at sunset in a hot climate is the definition of a dream wedding.

According to Wedding Bells magazine's 2014 Trend Report, 15 per cent of Canadian brides are planning on having a destination wedding. The magazine also notes that the total number of destination weddings has more than doubled since 2009.

"Destination weddings used to be a rare occurrence," said Soha Lavin, a wedding planner with Vancouver's Countdown Events Planning & Design. "But now, more and more of our couples are holding destination weddings in the most convenient manner to ensure all of their loved ones can attend."

"We are definitely seeing an increase in these types of weddings," said Tracey Manailescu, co-founder of The Wedding Planners Institute of Canada Inc. (WPIC) "Some of our WPIC alumni have switched to only working with couples having destination weddings."

Where to go?

Mexico, Jamaica, and Dominican Republic are always favourites, Manailescu said.

"They're easy for guests to travel to for larger wedding parties and cost-effective," she said.

However, couples are also becoming more and more interested in Europe.

"Italy, Greece, and Spain are hot because of their stunning views and architecture, memorable adventures, and great food and wines," Manailescu said.

Lavin also said Maui and California have piqued some of her clients' imagination.

How should you pick?

First of all, are there any destinations that have a special meaning to you?

Another major factor in choosing your destination is whether it's easy and affordable to travel to.

"So you need to find out: Do guests need to switch planes and take long shuttle rides to get to the location?" Manailescu said. "If the resort or hotel is expensive, the couple should look for alternative locations for guests to stay and then provide day passes for the wedding festivities."

Also don't forget to consider health and safety concerns — keep up-to-date on travel advisories via the Canadian government. (travel.gc.ca/travelling/advisories)

Finally, if you have selected your resort, do your homework and find out if there is any construction or repairs going on that may hinder wedding-related activities.

Get a little help

Is there too much to think about? Professional wedding planners and agents aren't just helpful, they are knowledgeable, too.

"Consider a licensed travel agent as they will provide guidance and be in the loop with any changes or information affecting travel," Manailescu said. "And a WPIC-certified wedding co-ordinator can help liaise between venue, vendors and keep on things such as marriage licenses, time restrictions, venue co-ordinators and more."



Who should you invite?


Making and sticking to a guest list can prove to be a hurdle for both the bride and groom and their families. SHUTTERSTOCK

You are hoping for a small, intimate wedding with only close friends and family. But by the time your parents are done with the guest list and your future in-laws have taken a crack at it, your guest list is suddenly swelling to more than 200 invitees.

"Couples struggle with this all of the time," said Tracey Manailescu, co-founder of The Wedding Planners Institute of Canada Inc. "Family really plays a big role in this. Sometimes the parents feel that they need to have all of the family and friends present at their children's weddings."

And adding to the guest list is the one of the fastest ways to drive up the wedding cost. So what should you do?

Talk with your parents

"I always recommend that my couples have a heart-to-heart with their parents, and ask for two or three things that are deal breakers for them," Manailescu said.

And it's often through these conversations that not only issues around the guest list comes up, but other areas of the wedding in which the parents are interested.

"What cultural aspects and traditions must be upheld to keep the family peace, and which ones can be left out, for example?" Manailescu said. "Parents want to feel part of the planning and ensure that values and traditions are upheld for respect and family dynamics for harmony."

Also, put it back on the parents if they do start inviting the whole family tree.

"If the parents are willing to pay for these extra guests, then, maybe, to keep the peace, this is what the couple must do," Manailescu said.

Where to put the guests?

What do you do, though, when you have a table of guests who are virtual strangers?

"Use ice breakers at the table," Manailescu said. "Sometimes couples will have questions or games laid out to get everyone talking."

ASTRID VAN DEN BROEK/FOR METRO



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Align your budget and special day

MICHELLE WILLIAMS
For Metro


Saving money on certain parts of a wedding can allow you to splurge on other aspects, such as flowers. SHUTTERSTOCK

Given the cost of your average wedding, it's no surprise that brides are looking for ways to get the biggest bang for their buck.

We asked Amanda Douglas, a Winnipeg-based event and wedding planner of Amanda Douglas Events, for her recommendations on budgeting and saving for the big day.

1 Create an itemized list. Go online and look for good wedding budget templates that list every item you will be spending on, then merge the list so you have as complete a picture as possible. "There are so many little things couples don't often think about — taxes and gratuities for the venue and meals, alterations on the dress, gifts for wedding party and tips for vendors are common ones," Douglas said.

2 Set a budget. Figure out how much you have to spend and what you want your budget to be. "Most brides have a number in their head, but that might not match with the dream wedding they want," Douglas said.

3 Research costs in the area. "Often, brides make the mistake of going online and budgeting their wedding based on U.S. websites," Douglas said. "Make sure you get quotes from local vendors."

4 Set realistic expectations. Now it's time to make sure your dream wedding and your budget start to align. You may have to lower your expectations or increase your budget — usually a little of both.

5 Look for ways to save. "Figure out what's most important to you," Douglas said. "If it's flowers, for example, look for ways to save on stationary, desserts and decor so you can spend more on your flowers." Also, cut back on items that will have the least impact on the outcome of your wedding — maybe you can do without premium liquor or special lighting, for example. "The fastest way to lower your costs is to shop around for a less expensive venue or cut back on the number of guests." Remember, too, that Friday or Sunday weddings can be less expensive than Saturday.

6 Finally. Work out all these details before you start spending to keep your budget on track.

DIY projects

Before you dive in, plan it out, give yourself lots of time, make certain it's time and cost-effective, and be sure you will love the results.

- Decor: Centrepieces, backdrops, photo books.
- Music: Create playlists for the ceremony and reception, but have someone man the music for dancing.
- Beauty: Get the girls together and swap manicures and facials.
- Makeup and hair: Ramp up the bronzer, eye makeup and lipstick.
- Stationary: Skip the custom suits and opt for "off the shelf."

New way to fund weddings

With an unexpected job opportunity in United Arab Emirates, Veronica Ramshaw and her fiancé, Jon, had to suddenly move up their wedding plans. Their small church wedding was going to cost $3,000, so they decided to try crowdfunding in hopes to raise the funds they needed. Not only did they meet their goal, they exceeded it.

Crowdfunding is the easiest way to collect cash gifts from your wedding guests.

"Our friends and family absolutely blew me away with their incredible generosity," Ramshaw said. "I had been hoping we might hit $1,000. In the end, including people who donated to the campaign after our wedding, 41 people donated $3,265."

MICHELLE WILLIAMS/FOR METRO

Test run. Make the most of dress rehearsals

They say practice makes perfect — and that's certainly true when it comes to weddings.

With the help of Danielle Andrews Sunkel, president of the Wedding Planners Institute of Canada, Metro has put together a list of important trial runs to do before you walk down the aisle.

Makeup and hair

"It's the most important thing to test run," Andrews Sunkel said.

Hair and makeup will look different in photos, so take pictures to make sure you are happy with your look.

"Do your test run within a month of the wedding so you know you'll look about the same — same hair colour, weight, skin colour."

Skin-care products and fragrance

Your wedding is no time for rashes or breakouts. Try out new products weeks ahead to ensure that your skin doesn't react. Andrews Sunkel also said that if you are using a special fragrance, try it ahead of time so you are sure you like how it smells after many hours of wear.

Shoes

You will be wearing your shoes on your wedding day for 10 hours or more.

"It's pretty likely that you'll end up with blisters if you don't wear them ahead of the wedding," Andrews Sunkel said. "Wear them while you vacuum, as this mimics the movement on the dance floor, and wearing them on carpet will prevent scuff marks."

Driving

On your wedding day, you don't want to keep guests waiting. Do a test drive to see how long it takes to get from home to the church, the photo location and the reception.

"Do your test drive at the same time and on the same day of the week as your wedding, when traffic is similar," Andrews Sunkel said.

MICHELLE WILLIAMS/FOR METRO


Makeup is the most important thing to test run prior to your wedding, recommends one wedding planner. SHUTTERSTOCK



‘Bespoke’ decor brings upcycled bikes indoors

Bikes have become part of hipster culture. There are bicycle-themed dining, drinking and shopping establishments from Halifax to Vancouver and dozens of bike-friendly burgs in between. While the rides themselves are often tricked out with coloured tires, swanky seats and vintage baskets, there are also those who see more than the sum of two wheels, a frame and a seat. Designers and artists are creating furnishings and art that give bicycles a whole new way to roll

THE ASSOCIATED PRESS

Sexy sprockets



Canadian cyclist and metal artisan Gilbert VandenHeuvel turns out all sorts of reworked bicycle art and accessories from his studio in Goderich, Ont.

“The sexy sprockets, curvy rims, flexible rubber and sturdy frame make for endless design possibilities,” he says. Bikes are “almost begging to be reborn, reshaped into something surprising and beautiful.” THERECYCLER.CA

Handlebar taxidermy

Designer Hilary Nagler of Santa Barbara, Calif., plays with a similar idea, making “bicycle taxidermy” by mounting handlebar “horns” on a basswood plaque. Ebonizing the handlebars gives them a rustic patina and vintage esthetic. Nagler says the pieces are a “sentimental nod to my beloved childhood Schwinn,” while also tipping an artsy hat to Picasso’s bull’s-head motif.

ROBERT REDFIELD/FLEA MARKET RX/THE ASSOCIATED PRESS





Popping wheelies

The Bicycle Collection was created by upcycling discarded bicycle rims, pedals and frames. The result is a set of rustic yet sophisticated designs that are instantly recognizable as repurposed. The Bicycle Screen is made from three panels that are hinged together, allowing for many configurations. DIANA PARRISH DESIGN + PHOTOGRAPHY/PHILLIPS COLLECTION/THE ASSOCIATED PRESS

Filled to the rim

Cutting boards from Solo Home Design are created with bicycle rims and salvaged wood. “There’s an industrial vibe in our designs, and bicycle parts are a perfect fit. Gears, tires, inner tubes, spokes, chain — we try to use it all ... the different textures add something extra to each piece, and knowing we’re helping the planet is the most rewarding feeling,” says Meg Leese, co-owner and designer at Solo. SOLO HOME DESIGN/THE ASSOCIATED PRESS



How to decorate an open-plan space

Designer tips. Give your open-concept home a seamless flow

I recently purchased a two-level small townhouse that has an open layout. I am attempting to decorate the main floor space. Any tricks or hints? — Rob, Halifax



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choosing an open concept kitchen/living space is a great option for young families (where parents are in the kitchen and children are in the living space); folks who entertain in a big way (since most parties end up in the kitchen, anyway); or people who want to make a small home feel more spacious.

Here are a few rules to follow if you want each area’s decor to flow easily.



Antiqued Oak Iron Springs engineered wide-plank flooring, $10 per square foot, KentwoodFloors.com

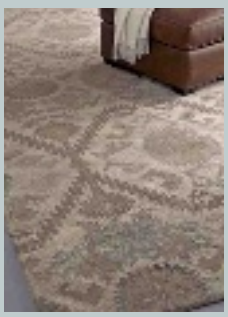
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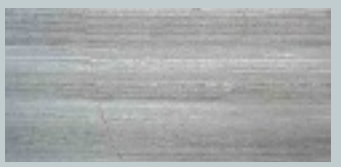
Your kitchen’s esthetic should be similar to the living space. For example, if you have modern furnishings in the living/dining area, then the kitchen should have cabinetry, counters and finished that mimic that modern feel.

Divide without walls

There should be a visual divider between the living area for entertaining and kitchen area for cooking. A kitchen work island, desk or table with chairs should be used as a barrier to the working area of the kitchen. This helps to visually keep the fun and games in the living area and the working kitchen functioning smoothly and safely.

Sliding barn-style doors are a great way to keep offices and dens open to the rest of the house yet offer privacy when needed.





Being consistent with colour and tones creates visual flow in open concept spaces. Orissa area rug (left), from $600, CrateAndBarrel.com; MSI’s Mare Bianco 12x24 inch porcelain tile (above), $4 each, HomeDepot.ca ALL PHOTOS: CONTRIBUTED

Keep flooring similar

Flooring should flow from one area to another without jarring the eye with light then dark tones. For example, having medium wood toned flooring in your living space, then a medium brown stone in the foyer, a similar tone of brown in the kitchen tile and a similar colour of broadloom for a den area will create the feeling of one large floor space.

A foyer carpet runner should take its cue for colour and pattern from larger area rugs in other areas throughout the open-concept space.

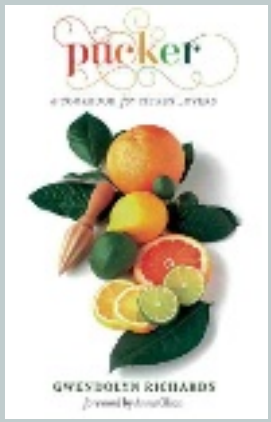
Match up the details

Window treatments, hardware metal tones and wall colours should also blend from one area to another in an open-concept home. Similar window shade styles and colours should be used throughout the main floor. The metallic colours and styles of doorknobs, cabinet hardware and lighting should all be co-ordinated, and paint colours also need to blend.

By decorating all the areas of your main floor as one large space, you will simplify the decorating process and create visual flow.

Cookbook of the Week

A tangy approach



If you reach for a slice of key lime or lemon meringue pie rather than sweet cake, Pucker by Gwendolyn Richards is for you.

But using lemons, grapefruits and limes in the kitchen extends well past desserts. Richards' book also includes 100 recipes for drinks, salads, sides, breakfasts and mains. She even highlights tools and helpful hints.

Recipes include Moroccan Stew with Preserved Lemon, Citrus-Braised Pork Shoulder Tacos, Lemon Chicken, Peanut Soup, Flourless Chocolate-Lime Cake and Chewy Lemon Cookies. METRO

For your phone

Appetites' Easy As Pie (iPhone/iPad; $11.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Ideal for beginners, this step-by-step video instruction series featuring Evan Kleiman will take you through the making of 20 tasty pies, from different crusts to a variety of complimentary toppings.



A little lemony zip goes a long way

Main or side dish. This Barley Risotto with Lemon, Leeks and Peas isn't traditional, and that's a good thing

"It may be cheeky to call this a risotto since the traditional version uses rice, but the cooking technique is the same," writes Gwendolyn Richards in Pucker.

"The barley gets just as creamy as it cooks slowly with broth, but still stays a bit chewy for a much heartier dish. I like this with a lot of lemon zip, so I add the full tablespoon of lemon juice. Sprinkle some roughly chopped basil overtop just before serving for a bit more green and a herbal hit. This dish is excellent with roasted or pan-seared chicken."

1. In a small saucepan set over medium heat, bring the chicken stock to a low simmer. Keep it barely simmering as you prepare the risotto.

2. In a large saucepan set over medium heat, warm the oil and butter until the butter starts to foam slightly. Add the leeks and salt and sauté, stirring occasionally, until the leeks are softened, 2 to 3 minutes, then add the garlic and cook until it's fragrant, about a minute more. Stir in the pearl barley, mixing it with the leeks and garlic until each grain is coated and shimmering with the oil and butter and is slightly toasted, about 2 to 3 minutes. Pour in the white wine and stir until most of it is absorbed.

3. Begin adding the simmering stock, about half a cup (125 ml) at a time, stirring often and waiting until most of the liquid has been absorbed before adding more. It should take 4 to 5 minutes for the barley to soak up the liquid between additions. If it's taking a lot less time than that, reduce the heat. If it's taking more, turn up the heat.

4. Just after the last bit of stock has been added, stir in the peas. Add the cream, lemon zest, 1/2 a tablespoon (7.5 ml) of lemon juice and the Parmesan, then stir gently until everything is mixed together. Taste for seasonings, and add the rest of the lemon juice if desired. Sprinkle with additional Parmesan just before serving. RECIPES FROM PUCKER: A COOKBOOK FOR CITRUS LOVERS BY GWENDOLYN RICHARDS (WHITECAP, 2014

Ingredients

- 3 cups (750 ml) chicken stock
- 2 tbsp (30 ml) extra virgin olive oil
- 1 tbsp (15 ml) butter
- 3 medium leeks, white and pale green parts thinly sliced, rinsed and drained
- 1/2 tsp (2.5 ml) salt
- 3 cloves garlic, minced
- 1 cup (250 ml) pearl barley
- 1/2 cup (125 ml) dry white wine
- 3/4 cup (185 ml) fresh or frozen peas
- 2 tbsp (30 ml) whipping cream
- Zest of 1 lemon
- 1/2 to 1 tbsp (7.5 to 15 ml) lemon juice
- 1/2 cup (125 ml) grated
- Parmesan, plus more for sprinkling



This recipe serves four as a side dish and two as a main. GWENDOLYN RICHARDS

Ribbons of carrots and a drizzle of lime dressing

"Using carrots in a variety of colours makes for a gorgeous salad, but the regular orange ones are just as tasty," writes author, food writer and blogger Gwendolyn Richards in her book Pucker.

"The pistachios add a great crunch, while the cranberries play up the carrots' sweetness.

"Even friends and family who don't like carrots say they enjoy this salad."

1. Peel the carrots and then, using the peeler, lightly shave off layers of carrot in ribbons. In a bowl, mix the carrots, avocado slices, pistachios and cranberries.

2. In a jar with a lid or in a bowl, combine the lime juice, sugar, salt and pepper to taste. Give it a couple of shakes, or whisk together, and then add the oil. Shake or whisk again until emulsified. Pour a few tablespoons over the salad and toss lightly to keep the avocado from getting too mushy. Add more dressing as needed.

Ingredients

- 1 lb (500 g) carrots
- 1 avocado, sliced
- 1/4 cup (60 ml) pistachios
- 1/4 cup (60 ml) dried cranberries

Dressing

- 2 tbsp (30 ml) lime juice
- 11/2 tsp (7.5 ml) sugar
- 3/4 tsp (4 ml) salt
- Freshly ground pepper
- 3 tbsp (45 ml) extra
- Virgin olive oil



This recipe serves two to four. GWENDOLYN RICHARDS

NBA

LeBron says he was 'protecting' coach with shove

LeBron James and David Blatt have downplayed an incident in which the four-time MVP shoved his coach during Cleveland's loss to the Phoenix Suns.

In the first half of Tuesday night's game, Blatt was vehemently arguing a call with an official when James pushed him back to the bench.

James says he was "just protecting" his coach from getting a technical foul.

Blatt says the same thing.

The loss came in James' return to the team after a two-week absence to rest his sore left knee and back.

THE ASSOCIATED PRESS

Boxing

Pacquiao agrees to fight Mayweather, promoter says

Manny Pacquiao was on his way to Los Angeles on Wednesday, preparing for a meeting with contestants of the Miss Universe pageant.

Whether he has an even bigger date on May 2 seems entirely up to Floyd Mayweather Jr.

Promoter Bob Arum says Pacquiao has agreed to all terms for what would be boxing's richest fight ever, a bout with Mayweather that fans have been demanding for five years.

The question now is whether the long-reluctant Mayweather will finally sign on the dotted line for what could be an astonishing $120-million payday.

THE ASSOCIATED PRESS

Playoff odds against Sens at midway point



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca



Senators winger Alex Chiasson attempts to redirect a shot against Stars goalie Anders Lindback on Tuesday night in Dallas. The Stars won 5-4. LM OTERO/THE ASSOCIATED PRESS

The Ottawa Senators passed the halfway mark of the season Tuesday, leaving many to wonder: Is it all downhill from here?

Fact is; the club has 42 points with 40 games remaining and is 10 out of a playoff position. This sounds like a huge mountain to climb. However, just last season the Columbus Blue Jackets and New York Rangers both accomplished this feat — albeit the gap between the haves and have-nots was marginally closer.

The Blue Jackets — with fewer points (40) after 42 games than the Senators — not only qualified for the post-season, but put a scare into the Penguins, losing in six games.

The Rangers, on the other hand, defied massive odds. A .500 team at the 42-game mark, the club rode momentum all the way to the Stanley Cup final.

Taking the glass half-full approach; the Senators schedule lines up in their favour; 12 of their next 15 games are at the Canadian Tire Centre; 24 of 40 in total down the stretch; 21 games are versus current-non-playoff teams, and only 10 are against Western Conference clubs.

One possible hiccup may be a five-game road swing flowing through California leading to Minnesota and Winnipeg. That's tough for any NHL club, not only the Senators.

The glass-half-empty approach sees one fatal flaw, and it's dire. The playoff cut-off in 2013-14 was 93 points; 95 or 96 appears likely in this campaign. In order to garner a post-season opportunity, the Senators must play at a .663 pace — meaning coach Dave Cameron's squad can not afford more than 12 or 13 regulation losses the rest of the way.

While their record at the outset (6-6-3) under Cameron does not show it, the Senators have displayed a marked-improvement under his tutelage. Although a small sample size, in 15 games Cameron's team is averaging more shots on goal (31.9), while allowing fewer (29.5) than that with ex-coach Paul MacLean. The Senators' numbers under MacLean were 28.8 and 34.4 respectively.

Shooting more has translated into scoring — almost nine per cent more to be exact. It makes one wonder how the Senators' power play went scoreless in eight games. Such are statistical anomalies.

General manager Bryan Murray and the organizational team are hunkered down in Florida pondering their next moves. A few wins under their belt will put Murray in a buying mood; a few losses could mean fans may see several favourites finding new homes.

By the numbers

1,702

Erik Karlsson leads the Senators in even-strength Corsi events* this season with 1,702. Rounding out the top five are Kyle Turris (1,200), Cody Ceci (1,185), Bobby Ryan (1,058) and Clarke MacArthur (1,035).

*Corsi events = Shots + missed shots + blocked shots

STATS COURTESY OF NATURALSTATTRICK.COM

Foligno, Toews named all-star team captains



The Blue Jackets' Nick Foligno has been selected as a team captain for the all-star game on Jan. 25 in Columbus. GETTY IMAGES FILE

Nick Foligno of the Columbus Blue Jackets and Jonathan Toews of the Chicago Blackhawks have been named team captains for the NHL all-star weekend Jan. 23-25 in Columbus, league officials said Wednesday.

The NHL said the all-star teams will now be designated as Team Foligno and Team Toews.

In addition, Drew Doughty of the Los Angeles Kings and Patrick Kane of the Blackhawks have been named assistant captains of Team Foligno, while Ryan Getzlaf of the Anaheim Ducks and Rick Nash of the New York Rangers will assist Toews.



Jonathan Toews
GETTY IMAGES FILE

The captains and assistants were selected by NHL Hockey Operations in consultation with players selected for the game. The captains will oversee the selection of their teams on Jan. 23, will set the rosters for the team skills competition the following day, and then will wear the "C" on their jerseys during the game the day after that.

Foligno, a 27-year-old Buffalo native, was leading the Blue Jackets in goals (18) and points (40) before Wednesday night's game against the Montreal Canadiens.

Toews, also captain of the Blackhawks, will be making his fourth career NHL All-Star appearance. The 26-year-old Winnipeg native collected 1,217,210 votes to finish third overall in this year's fan vote.

THE ASSOCIATED PRESS

4 SPORTS

Wilson 'doesn't fit the mould'

NFL. Heading into Sunday's NFC championship vs. Green Bay, Seattle QB's post-season achievements can't be disputed, even if he doesn't fit any preconceived notions

Of the four quarterbacks still playing on championship weekend, Seattle's Russell Wilson is the outlier in terms of style.

Tom Brady, Andrew Luck and Aaron Rodgers all have their quarterbacking foundations built around being pocket passers first. Luck and Rodgers — when healthy — both bring an element of mobility, but it's not their forte.

Wilson? Well, good luck defining the way he operates.

"He doesn't fit the mould of anything I thought previously would be a franchise quarterback. I think he still gets a lot of hate and discredit because we don't throw the ball that often. However, what he's asked to do in this offence he does it extremely well," Seattle wide receiver Doug Baldwin said.

Passer rating

109.6

After six playoff games — five of them victories — Wilson has the highest passer rating in NFL history with a minimum of 150 attempts. Wilson's mark of 109.6 is at the top. He's one of five players in league history with a playoff passer rating of 100 or above. The others are: Rodgers, Bart Starr, Kurt Warner and Drew Brees.

Headed into Sunday's NFC championship game against Green Bay, Wilson's post-season achievements can't be disputed even if he doesn't fit any preconceived notions.

"I think one of the things that definitely allows me to play well is the guys around me. I've got great guys around me, guys that want to work every day, guys that are devoted to being successful and no matter what it takes," Wilson said. "I think that when you're in those moments, you either live for them or you fall off."

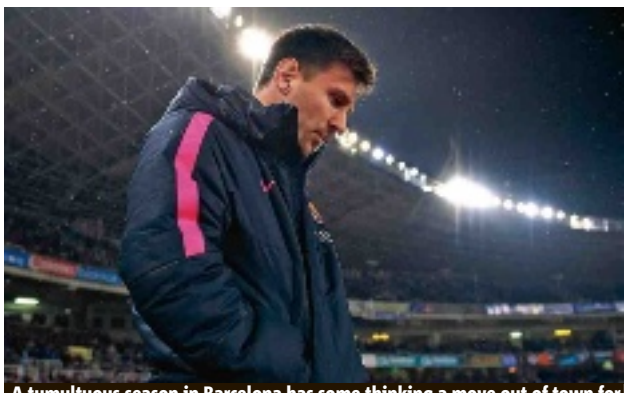
There's also the matter of how Wilson plays when it matters most. He already owns 14 career comebacks in 54 regular-season and playoff games combined.

THE ASSOCIATED PRESS



Russell Wilson might not be your typical pocket-passing QB, but he's still one of the NFL's best playoff performers and will be a handful for the Green Bay Packers' defence in the NFC championship game on Sunday in Seattle. JONATHAN FERREY/GETTY IMAGES

Messi stirring ambiguity over future with Barca



A tumultuous season in Barcelona has some thinking a move out of town for Lionel Messi isn't outside the realm of possibility. DAVID RAMOS/GETTY IMAGES

With commercial strategies now as scrutinized as the coach's tactics in football, the perception is that Real Madrid has been more active lobbying for Ronaldo than Barcelona has for its four-time Ballon D'Or winner.

Messi hardly gave the perception of being a loyal Barcelona employee when he faced the cameras at FIFA's awards ceremony in Zurich.

Rather than just responding to the inevitable question about his future with the usual declaration of loyalty to the club that turned him into one of the best players of all time, the Argentina captain seemed intentionally ambiguous.

"I am not sure where I will be next year," said the academy graduate under contract at the Camp Nou until 2019. "Nobody knows what the future holds."

That's particularly true when Messi's relationship with the Barcelona board and coach Luis Enrique is reputed to be far from harmonious.

Occasionally even a player as gifted as Messi needs to be indulged, not just in his pay packet.

"He's not as straightforward as he used to be," Esteve Calzada, former Barcelona chief marketing and commercial officer, said.

"He would say, 'Barcelona is my own team. I will retire here.' Something went wrong ... I find it difficult to believe he will spend his whole career at Barcelona."

The all-time top scorer in the Champions League is undoubtedly coveted, but when you are the most talented player alongside Ronaldo your freedom of movement becomes limited. THE ASSOCIATED PRESS

Dollar signs

There are the four years remaining on his contract and a 250 million-euro ($295-million US) buyout clause.

- Messi commands an annual gross salary of 50 million euros ($59 million), meaning a club could need the ability to cover 500 million euros ($590 million) over five years to fund the signing of the 27-year-old forward.

2016 Rio Olympics

Ticket scalpers beware ...

Brazilian organizers of the 2016 Olympics said Wednesday they will impose large fines — up to 100 times the tickets face value — on anyone involved in the resale of tickets distributed by national Olympic committees. THE ASSOCIATED PRESS

Fast4

Nadal gives disco tennis a shot

A new format called Fast4, which some have dubbed disco tennis, was again on display Wednesday with a recovering Rafael Nadal happy to be on the dance floor.

The occasion was the official opening of the newly renovated Margaret Court Arena that will feature in the Australian Open, which starts on Monday. On Wednesday, 7,500 fans crammed into the arena for the Rafa Nadal Foundation, which assists socially disadvantaged youth. It also showcased the Australian-developed Fast4, which features major rule variations — no advantage scoring, lets are played and the first to four games wins the set. THE ASSOCIATED PRESS



Rafael takes a break on Wednesday in Melbourne, Australia. THE ASSOCIATED PRESS

NHL

Wild nab Coyote

The Minnesota Wild acquired goalie Devan Dubnyk from the Arizona Coyotes on Wednesday for a third-round draft pick. Dubnyk, 28, was 9-5-2 with a 2.72 goals-against average and .916 save percentage in 19 games this season for the Coyotes. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The best way to get what you want is to pull strings behind the scenes. If you tackle issues head-on today you may find yourself up against people who are stronger — and you'll lose.

♉ Taurus
April 21 - May 21
Don't worry too much if you fall out with a friend today because it's really no big deal. It could even be beneficial in that you may need to clear the air.

♊ Gemini
May 22 - June 21
Winning may not be everything but it isn't nothing either. If you get the chance to be number one today, take it. Mars in the career area of your chart makes it easy to be assertive.

♋ Cancer
June 22 - July 23
You may be short of cash but you can still find ways to get what you want. If you can't satisfy your needs one way you will satisfy them another – and it won't cost you a cent.

♌ Leo
July 24 - Aug. 23
If someone annoys you today you won't hesitate to challenge them. The bad news is they could turn out to be a tougher nut to crack than you expected.

♍ Virgo
Aug. 24 - Sept. 23
There is tension in the air and partners and colleagues could be difficult to deal with over the next 24 hours. Don't overreact and say or do things that make matters worse. It'll pass.

♎ Libra
Sept. 24 - Oct. 23
You will have to do something you don't want to do today and most likely you will let everyone know — loudly — it isn't your idea of fun. Be professional.

♏ Scorpio
Oct. 24 - Nov. 22
You are in one of your assertive moods today. Just be careful you don't annoy someone whose cooperation you may need in the near future.

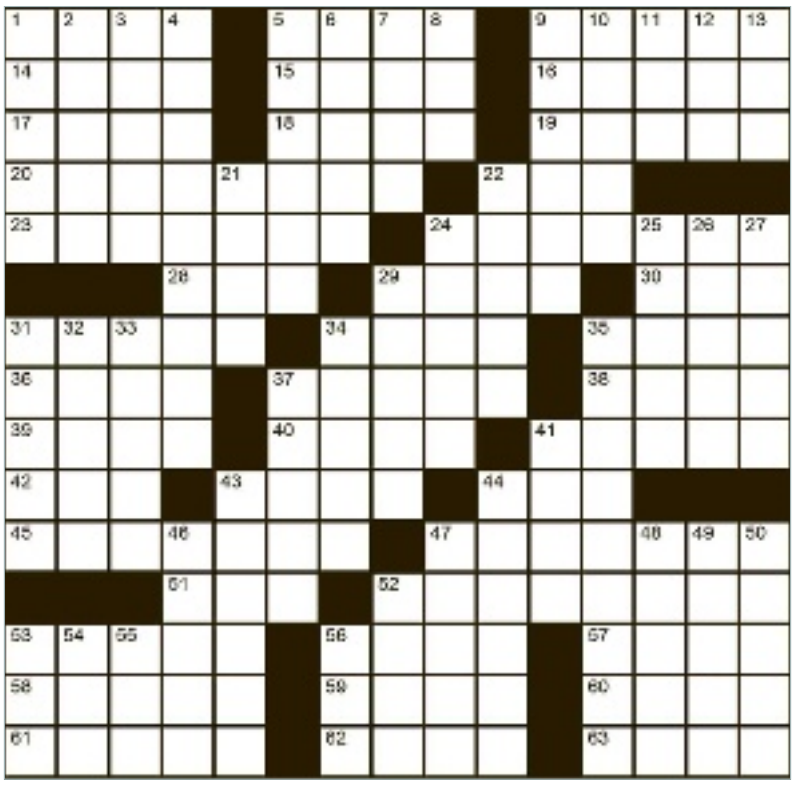
♐ Sagittarius
Nov. 23 - Dec. 21
Don't try too hard to keep your emotions bottled up because it will be better for your health if you let your feelings show. You also need to prove that you are not intimidated by people who throw their weight around.

♑ Capricorn
Dec. 22 - Jan. 20
Travel and social activities are well starred right now but don't stray too far in the wrong direction. It's one thing to be adventurous but quite another to be foolhardy.

♒ Aquarius
Jan. 21 - Feb. 19
Don't push yourself too hard over the next 24 hours. Some days were made for taking it easy and the planets indicate that this is one of them.

♓ Pisces
Feb. 20 - March 20
With Mars in your sign you refuse to accept second best. But as Mars squares up to limitations planet Saturn today recognize that authority figures need to be respected.

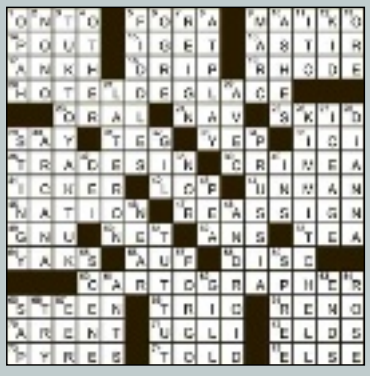
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Music key, _ __.
5. Breakfast's yellow circle
9. Overeat
14. Kinks tune
15. The Secret World __ __ (1961 Pierre Berton children's book)
16. Wickerwork material
17. Triumph's "Lay __ __ the Line"
18. ET-piloted crafts
19. Nintendo enthusiast
20. Elusive treasure site on the Mahone Bay island at #22-Across: 2 wds.
22. Nova Scotia-based History Channel show, "The Curse of __ Island"
23. Principle
24. Cartoon-turned-movie-of-1997 starring Leslie Nielsen: 2 wds.
28. Polloi's partner
29. Ancient garment
30. Oprah's __! moment
31. Tennis great Mr. Becker
34. Prefix to 'legal'
35. Concert headliner
36. Figure skating jump
37. Compare
38. Study carefully, __ over
39. Orange part
40. One-and-onlys, once
41. Divulged
42. Tribute type
43. Chicoutimi 'corn'
44. "In __ Shoes" (2005)
45. 1980s music genre: 2 wds.
47. St-__ Bagel, in Montreal
51. Johnny Mathis' "Chances __"
52. Janis sang about a 'dirty red' one, variantly
53. Be appreciative
56. __ Kong section
57. Loonie, for one
58. Role for Canuck comic Mike
59. Musicals lyricist Tim
60. Voltaire play
61. Tragically Hip's "__ by a Century"
62. Toboggan
63. Bible pronoun

Down
1. Bowl game airship
2. Detroit aka The __ City
3. Solo
4. As per #46-Down...
5. Montreal Canadiens mascot!
6. "Oh, come __ __." (Let's be real)
7. Ransack
8. Canada's version of lbs.
9. Northeastern Ontario: Community between Sudbury and Timmins
10. City of Honshu in Japan
11. The Pacific __
12. "Golly."
13. Drift
21. Beefeaters, briefly
22. __ donor
24. Traditions
25. Swamp snapper, shortly
26. Windy City airport
27. Paddled
29. Moviemaking units
31. Aristocrat
32. Iron __ (Rusty stuff)
33. Don't let the membership expire
34. __ cut (Short hairstyle)
35. Mascot of the Ottawa Senators
37. Bequeath
41. Rosary piece
43. Checked, as test papers
44. Attached, door-style
46. "Don't __ Fall in Love" (Hit tune written by #4-Down)
47. "The Legend of Bagger __" (2000)
48. Cain's biblical son
49. Amalgamate
50. Montreal-based jazz vocalist Ms. Lee Toronto-born singer/songwriter: 2 wds.
52. Swelter
53. Ex-airline
54. Defiant laugh!
55. Mariner's assent
56. Time segments [abbr.]

Yesterday's Crossword

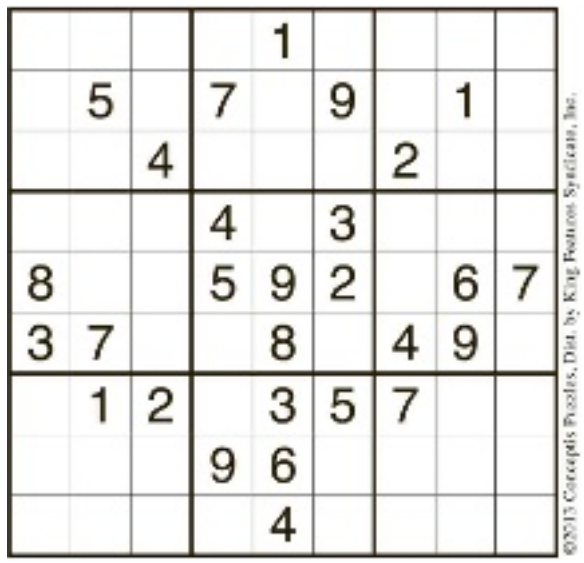


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

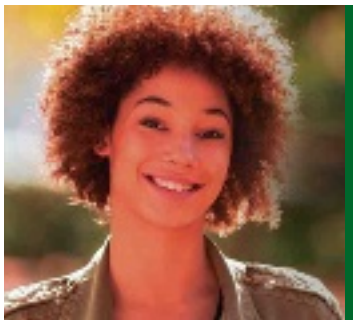
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

9	1	5	7	3	8	4	6	2
8	4	2	9	5	6	7	3	1
7	3	6	2	1	4	9	5	8
2	5	3	1	8	7	6	4	9
4	8	9	5	6	3	1	2	7
6	7	1	4	2	9	3	8	5
1	2	7	3	4	5	8	9	6
3	9	8	6	7	2	5	1	4
5	6	4	8	9	1	2	7	3



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See dealer for details. ‡Offer available to qualified retail customers in Canada for vehicles from January 12, 2015 – February 2, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 48 months on all new or demonstrator 2015 Silverado 1500 Double Cab 1WT. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $833.33 for 48 months. Cost of borrowing is $0, total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. 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See dealer for details. ♠The Chevrolet Silverado HD received the lowest number of problems per 100 vehicles among large heavy-duty pickups in the proprietary J.D. Power U.S. 2014 Initial Quality Study.SM Study based on responses from 86,118 new-vehicles owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed February - May 2014. Your experience may vary. Visit jdpower.com. ♣Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. ±MyLink functionality varies by model. Full functionality requires compatible Bluetooth® and smartphone, and USB connectivity for some devices. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. 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